



Idaho Trails Association

Volunteer Manual



Dear Volunteer,

Thank you for signing up for a trail project. Our success in trail work depends on volunteers like you! Please review this manual so that you can have a safer, more enjoyable experience. Your hard work will be rewarded with new friends, stunning views, and lasting memories. We hope that you learn some new skills in the process.

If for some reason you are no longer able to participate in the project, please contact us as soon as possible. We have a limited number of spaces for each project and will need to notify your replacement. Please contact us with any questions or concerns, by either writing your project leader or sending an e-mail to trails@idahotrailsassociation.org.

Happy Trails,

The Idaho Trails Association

ITA Policies

Leave No Trace (LNT)

As stewards of the land, we try to follow the 7 principles of LNT. By doing so, we not only reduce our impact on the land, but also improve the experience of other recreational groups. For further explanation, please see www.LNT.org. On the LNT website, there is even a free online LNT course we recommend volunteers take.

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

Transportation

Unfortunately the Idaho Trails Association is unable to provide transportation for liability reasons. However, when volunteers register for a trail project, they can mark if they are interested in carpooling with other volunteers and if they are willing to drive, need a ride, or are willing to drive or ride. If volunteers are interested in carpooling, your project leader can put you in contact with other participating volunteers by e-mail. *We never share phone numbers with anyone without their permission.*

Experience Requirement

Volunteers do not need to have previous trail work experience. We work hard to teach our volunteers the joy and skills of trail maintenance, and hope they will join us again on future projects. Volunteers should be in good physical condition and prepared to be outside all day. For those participating in multi-day trips, we also recommend that volunteers have previous backpacking experience.

Pets

Pets are not allowed on ITA trips. Pets can be a significant distraction and, in some cases, a safety hazard. Even volunteers may be confident in their own pet's behavior, we must apply the rules fairly to everyone.

Gear

The Idaho Trails Association is only able to provide tools and food. Volunteers are responsible for bringing their own gear including sleeping bags, tents, and dishes for eating. Unless your trail project has pack support, volunteers are responsible for carrying their own gear and should be mindful of what they bring. For projects with pack support, it is still important that volunteers not bring more equipment than necessary. Volunteers should aim for less than 30 lbs of personal gear so that the pack animals aren't overloaded. We encourage members to share tents if possible. If you are willing to share your tent with other participants, please notify your project leader about how many extra spaces you have in your tent.

Illegal Substances and Alcohol

ITA will not permit the use of illegal substances by volunteers during trail projects. Volunteers in possession of illegal substances will be asked to leave. The consumption of alcohol while working on trail projects is highly discouraged. It impairs one's ability to use good judgment and poses a safety hazard. Project leaders maintain the right to dismiss volunteers if they are acting inappropriately or endangering the group. All participants under 21 are banned from drinking.

Late Arrival/Early Departure

Volunteers might still be able to participate in a project if they have to leave early or will arrive late. It is the volunteer's job to get in contact with their project leader to discuss the situation. This is allowed on a case by case basis. If you plan to arrive late or depart early, understand that it is your responsibility to get to/from your car and the project site. Another volunteer will not be sent to escort you.

Age Restrictions

Participants less than 18 years of age must be registered by their parent or guardian. Anyone under the age of 14 must also be accompanied by an adult. Volunteers must notify their leaders if they intend to bring along a minor and provide their age. In some cases, it might not be appropriate to bring a younger participant due to the nature the work. Your project leader will notify you if they see a problem.

Gear Checklist for Multi-Day Trail Projects

Clothing

- 1-2 Shirts (long or short sleeved)
- Sweater or jacket (remember, wool and synthetics retain heat when wet, cotton doesn't)
- Long pants or jeans
- 2-3 pairs of underwear
- 2 sports bras (women)
- Boots, not tennis shoes
- 2 pairs of hiking socks
- Work gloves
- Bandana
- Rain Gear
- Hat for shade, warmth, or to keep rain off your face
- Sunglasses

Backpacking Gear

- Tent
- Backpack with sufficient capacity to carry personal gear and a portion of the group gear such as food
- Sleeping bag and compression sack
- Sleeping pad
- Two one-Liter water bottles or a single one-Liter bottle and a hydration bladder
- Sunscreen
- Bug repellent
- Chapstick SPF 25 or higher
- Compass
- Whistle
- Topographic map
- Personal dishes including plate, cup, bowl, and utensils
- Means of water purification such as iodine tablets, chemical treatment, or water filter

- Headlamp or flashlight and extra batteries
- Personal medications/prescriptions
- Toiletry bag with toothbrush, travel size toothpaste, hand sanitizer, camp towel, toilet paper, ziplock bags to pack out toilet paper

Provided by ITA

- Hard hat
- Protective eyewear (as needed)
- Tools
- Food

Optional

- Camera
- Camp shoes such as Chacos or tennis shoes
- Crazy creek chair
- Journal
- Gaiters to keep rocks and brush out of shoes and keep shoes dry

Gear Checklist for Single-Day Trail Projects

Clothing

- Shirt (long or short sleeved)
- Sweater or jacket (remember, wool and synthetics retain heat when wet, cotton doesn't)
- Long pants or jeans
- Boots, not tennis shoes
- Pair of hiking socks
- Work gloves
- Bandana
- Rain Gear
- Hat for shade, warmth, or to keep rain off your face
- Sunglasses

Backpacking Gear

- Daypack to carry extra layers, water, snacks, etc
- Two one-Liter water bottles or a single one-Liter bottle and a hydration bladder
- Sunscreen
- Bug repellent
- Chapstick SPF 25 or higher
- Compass
- Whistle
- Topographic map
- Personal dishes including plate, cup, bowl, and utensils
- Means of water purification such as iodine tablets, chemical treatment, or water filter
- Personal medications/prescriptions
- Toiletry bag with hand sanitizer, toilet paper, and ziplock bags to pack out toilet paper

Provided by ITA

- Hard hat

Tools

Food

Optional

Camera

Camp shoes such as Chacos or tennis shoes

Crazy creek chair

Journal

Gaiters to keep rocks and brush out of shoes and keep shoes dry