TRIP PLANNING RESOURCE
To be used as a reference point only; an aid to help you plan your own outings.

Location: Leschi & Madrona Park

Departure date & meet time:  

Return date & time:  

Transportation Mode: Walk

Trip Description:
Come take an urban hike and discover some of Seattle’s hidden green areas! First stop is Leschi park, a beautiful lush forested area (consider taking a plant guide book!) and then a walk along the shore of Lake Washington to Madrona Park. Pack a lunch for a lovely day out in the fresh air!

<table>
<thead>
<tr>
<th>Time</th>
<th>Proposed Itinerary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Start out from Seattle University</td>
</tr>
<tr>
<td></td>
<td>Walk up to Leschi Park and stroll through some of the hiking trails there</td>
</tr>
<tr>
<td></td>
<td>Make your way to the shore and continue North towards Madrona Park</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Pack a lunch and have a picnic with a friend or two on the grassy area of the park!</td>
</tr>
<tr>
<td></td>
<td>Walk back up to campus</td>
</tr>
</tbody>
</table>

Person you are leaving your trip plan with: ________________________
* = Items you can rent through UREC Outdoor

<table>
<thead>
<tr>
<th>Group Gear (to be shared)</th>
<th>Hike/Camp/Backpack</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid Kit*</td>
<td>x</td>
</tr>
<tr>
<td>Green Trails Map</td>
<td>#______</td>
</tr>
<tr>
<td>Compass*</td>
<td>Whistle</td>
</tr>
<tr>
<td>Cargo Box* for car + roof rack</td>
<td>Bungee Cords / Ratchet Straps</td>
</tr>
<tr>
<td>Hatchet</td>
<td>Firewood: include in $ budget</td>
</tr>
<tr>
<td>Compass*</td>
<td>Whistle</td>
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<tr>
<td>Insect Repellent</td>
<td>Toilet Paper</td>
</tr>
<tr>
<td>Bungee Cords / Ratchet Straps</td>
<td>Travel Games or Slackline*</td>
</tr>
<tr>
<td>Trowel / Poop shovel</td>
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<tr>
<td>Travel Games or Slackline*</td>
<td>Tarp*</td>
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<tr>
<td>Bear Bell*</td>
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<tr>
<td>Trekking poles*</td>
<td></td>
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</tbody>
</table>

**Notes:**

**Drinking Water**

<table>
<thead>
<tr>
<th>Platypus (Filter)*</th>
<th>Steripen (purifier)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dromedary * (10L storage)</td>
<td>Nalgene Bottle (1-1.5L storage)</td>
</tr>
</tbody>
</table>

**BYO-Kit**

<table>
<thead>
<tr>
<th>Serving platter</th>
<th>Large Bowl</th>
<th>Mixing Bowl</th>
<th>Large spoon</th>
<th>Spatula</th>
<th>Can Opener</th>
<th>Peeler</th>
<th>Knives</th>
<th>Pan Lids</th>
<th>-Large</th>
<th>-Medium</th>
<th>-Small</th>
</tr>
</thead>
<tbody>
<tr>
<td>Car Camping stove* (Coleman) &amp; Fuel</td>
<td>Backpacking stove* (MSR) &amp; Fuel</td>
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<td>Cooler</td>
<td>Backpacking Cookware</td>
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<tr>
<td>Animal Resistant &quot;Bear&quot; Canisters*</td>
<td>Matches/Lighter</td>
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<tr>
<td>Garbage Bags</td>
<td>Hand Sanitizer</td>
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<td>Camp Sink (for washing dishes)</td>
<td>Biodegradable Soap</td>
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<td>Activity-Specific Gear</td>
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<td>Locking Carabiner</td>
<td>Climb Shoes*</td>
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<td>Wire Gate Carabiner</td>
<td>Crash Pads*</td>
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<td>Tool Kit</td>
<td>CO2 Injector</td>
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<td>Bike Pump</td>
<td>Bike Hitch</td>
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<tr>
<td>Surf Pack: Rash Guards, Rescue mask/fins/tube, Beach “zone” cones</td>
<td>BYO Food/Money</td>
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<td>Dry Bags*</td>
<td>Fog /Signal Horn</td>
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<td>Ski/Board Attachment* + rack</td>
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<tr>
<td>Snow Kit: traction device, shovel, window scraper</td>
<td>Daypack*</td>
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</table>

**Notes/Other:**
# Cost Projections

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Overnight Accommodations</strong></td>
<td>Deposit</td>
<td>$</td>
</tr>
<tr>
<td></td>
<td>Rental Rate</td>
<td>$</td>
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<td></td>
<td>Add’l Fees</td>
<td>$</td>
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<tr>
<td><strong>Transportation</strong></td>
<td>vehicle rate</td>
<td>$</td>
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<td></td>
<td>Gas</td>
<td>$</td>
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<td></td>
<td>Parking</td>
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<td></td>
<td>Tolls/Ferry (Vehicle &amp; Driver cost)</td>
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<td>Bus</td>
<td>$</td>
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<td>$ per person x (# persons) =</td>
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<tr>
<td><strong>Permits/Park Entrance</strong></td>
<td></td>
<td>$</td>
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<tr>
<td><strong>Food</strong></td>
<td></td>
<td>$</td>
</tr>
<tr>
<td><strong>Gear Rental</strong></td>
<td>$ per person x # persons =</td>
<td>$</td>
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<tr>
<td><strong>Guide Gratuity</strong></td>
<td></td>
<td>$</td>
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<tr>
<td><strong>Other:</strong></td>
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<td>$</td>
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<tr>
<td><strong>TOTAL:</strong></td>
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<td>$0</td>
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<tr>
<td><strong>COST PER PERSON:</strong></td>
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<td>$0</td>
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</tbody>
</table>
## Risk Assessment
This list is a resource only; not comprehensive of all risks involved when participating in outdoor recreation.

<table>
<thead>
<tr>
<th>Risk Type</th>
<th>Description</th>
<th>Preventative measures</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In Transit to the activity site</strong></td>
<td>Reckless Drivers</td>
<td>Be aware and stay on the sidewalk at all times</td>
</tr>
<tr>
<td></td>
<td>Sprained Ankle</td>
<td>Wear sturdy shoes and pay attention when walking</td>
</tr>
<tr>
<td><strong>Activity Specific</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>Human</strong></td>
<td>Contraction or spreading of an infectious disease.</td>
<td>Practice at least 6’ of physical distancing with anyone outside of your household, wear a mask, and frequently wash hands and shared objects with soapy water or alcohol-based sanitizer.</td>
</tr>
<tr>
<td>-social</td>
<td></td>
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<tr>
<td>-emotional</td>
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</tr>
<tr>
<td><strong>Environmental</strong></td>
<td>-Rain and cold</td>
<td>Make sure to bring a raincoat and extra layers should weather require</td>
</tr>
<tr>
<td>-weather</td>
<td>-Mud/rocks on trail</td>
<td>Wear appropriate shoes that could get muddy/do well on trails</td>
</tr>
<tr>
<td>-terrain</td>
<td>-dehydration</td>
<td>Pack extra water</td>
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<tr>
<td>-animals/ insects</td>
<td></td>
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<tr>
<td>-allergens</td>
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</tbody>
</table>
Local Emergency Response: Plan & Call Guide

Step 1:
If a medical incident, the person with the most first aid training should attend to the patient(s).

Step 2:
In an emergency situation, contact the local emergency response professionals immediately.

Nearest phone location: Personal Cell Phone

Nearest Medical Facility: Swedish Cherry Hill

Address: Swedish Cherry Hill Campus, 500 17th Ave, Seattle, WA 98122

Phone Number: 911 (in city)

Phone Numbers:

Police/Sheriff: 911
<table>
<thead>
<tr>
<th>Leave No Trace Principles</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Plan Ahead &amp; Prepare</strong></td>
</tr>
<tr>
<td>● Know the area’s regulations and concerns.</td>
</tr>
<tr>
<td>● Prepare for extreme weather, hazards, and emergencies.</td>
</tr>
<tr>
<td>● Visit in small groups.</td>
</tr>
<tr>
<td>● Repackage food to minimize waste. (tupperware, ziplock, trash bag, etc.)</td>
</tr>
<tr>
<td>● Use map &amp; compass instead of paint, rock cairns or flagging.</td>
</tr>
<tr>
<td><strong>Respect Wildlife</strong></td>
</tr>
<tr>
<td>● Observe wildlife from a distance, do not follow or approach.</td>
</tr>
<tr>
<td>● Never feed animals.</td>
</tr>
<tr>
<td>● Store food and trash (<em>anything</em> with a scent) securely.</td>
</tr>
<tr>
<td>● Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.</td>
</tr>
<tr>
<td><strong>Be Considerate of Other Visitors</strong></td>
</tr>
<tr>
<td>● Respect other visitors and their experience</td>
</tr>
<tr>
<td>● Yield to others on trail.</td>
</tr>
<tr>
<td>● Step to the downhill side of trail when encountering pack stock.</td>
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<tr>
<td>● Take breaks and camp away from trails and other visitors.</td>
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<tr>
<td>● Let nature’s sounds prevail. Avoid loud voices and noises.</td>
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<tr>
<td><strong>Leave What You Find</strong></td>
</tr>
<tr>
<td>● Preserve the past: look but don’t touch cultural or historic structures/artifacts.</td>
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<tr>
<td>● Leave rocks, plants and other natural objects as you find them.</td>
</tr>
<tr>
<td>● Avoid introducing/transporting non-native species.</td>
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<tr>
<td>● Do not build structures, furniture, or dig trenches</td>
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</tbody>
</table>
Area Context

Become more strongly connected to the areas you visit and deepen your appreciation of the uniqueness of the PNW. What is interesting about the place you are visiting?

<table>
<thead>
<tr>
<th>The Place</th>
<th>The Beta</th>
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<tbody>
<tr>
<td>take a moment to learn...</td>
<td>(your research goes here)</td>
</tr>
</tbody>
</table>

**Land Acknowledgement:** recognizing the unique and enduring relationship that exists between Indigenous Peoples and their traditional territories.

**Ecology:**
identifying the flora and/or fauna that may be encountered, unique to the area and/or season, and greater human impacts on Nature.

**Current / Historical Context:**
exploring the present day and/or history of the people, politics, traditions, geography, industry, language, literature, art and general culture.

**Geology:**
awareness of the physical history of the Earth, especially in terms of the formation of rocks, unique environmental hazards, and/or the impacts of climate change.

The Duwamish and Suquamish Tribes are some of the indigenous people of the Seattle area. They are not federally recognized, even though they have been here for thousands of years, and Seattle was named after Chief Si'ahl.

From the Duwamish website:

If you are looking to make your own land acknowledgement, please use this example to construct your own:

*I would like to acknowledge that we are on the traditional land of the first people of Seattle, the Duwamish People past and present and honor with gratitude the land itself and the Duwamish Tribe.*

It is important to note that this kind of acknowledgement is not a new practice developed by colonial institutions. Land acknowledgement is a traditional custom dating back centuries for many Native communities and nations. For non-Indigenous communities, land acknowledgement is a powerful way of showing respect and honoring the Indigenous Peoples of the land on which we work and live. Acknowledgement is a simple way of resisting the erasure of Indigenous histories and working towards honoring and inviting the truth.
Driving Directions: important to have pre-printed or accessible in a remote setting, as many outdoor adventures can take us into areas without cell phone reception.

Walking: