

Pre-trip Information Olympic National Park



Thank you for booking your trip with Just Roughin' It Adventure Company! Please be sure you have read and understand the following information about preparing for and what to expect leading up to and during your trip with us. If you have any questions regarding this information, please contact us.

12-18 weeks prior

- **Physical Conditioning:** You are signed up on an active participatory outdoor adventure so it is important that you are in good physical condition. Being in shape will help you get the maximum enjoyment out of your experience. We provide free training information on our blog, <http://blog.justroughinit.com>.
- **Purchase Trip Insurance:** We cannot stress enough the importance of purchasing trip insurance to protect your vacation investment as the trip fare is non-refundable. There are several travel insurance companies out there so we encourage you to shop around. Try Travel Safe, 7 Corners and Travel Guard for starters. You can also visit www.insuremytrip.com for comparisons of several travel insurance companies.
- **Paperwork To Us:** you will receive an email providing you access to complete the registration/waiver online about 12 to 16 weeks prior to your trip month if you booked more than 4 months from your trip month - no more printing, faxing, mailing or scanning! You will have 30 days to complete the paperwork upon receipt of this email. If you booked less than 4 months from your trip month, you will receive the form the same time you receive your confirmation but in a separate email. If you prefer to fax or mail the form instead, please let us know and we will provide you with a printable form. Fees may be incurred or your trip may be forfeited for receipt of late paperwork.
- **Trip Information:** Read thoroughly.

30 Days Prior

- **Hotel Reservations:** Where you stay is up to you since you will be meeting us in the park near the trail head but there are a couple nearby towns. Most guests stay in Port Angeles. There are several hotels of different price ranges and quality. You can also stay in Forks, but the options are very limited.
- **Do we have your registration forms?** If you just booked, please get them to us ASAP. If you booked at least 30 days ago, we should already have them.
- **Final Payment:** Due 30 days prior to your trip or immediately if you sign up within this time period. You may be at risk of losing your spot(s) without refund of your deposit if you fail to pay by this date.
- **Purchase any items you may need for the trip** as detailed on the check list.
- **Got Questions?** You can visit our website at www.justroughinit.com for frequently asked questions or contact us via phone or email. We're happy to help you with any questions you have regarding any part of the trip.

Night before your trip

- Eat a well rounded, yet high carb dinner - rice and pastas are great!
- Hydrate! Drink the recommended 64 - 80 oz of water. Stay away from alcohol.
- Get all your gear together in a small duffel to be transported to the trail head.
- Trim your toenails!

Morning of the trip

- Eat breakfast!

- Meet your guide at a predetermined location inside Olympic National Park. The guide will set up a meeting time and place near the trail head where you can leave your vehicle. The meeting time can be anywhere from 7:30am to 9am depending on the trip and if there is a shuttle involved. If your trip includes a shuttle, the arrangements will have already been made by JRI.

At the trail head

- Pack your backpacks. The guide will help you make the final decision on what to bring with you. Anything not carried can be left in your vehicle.
- Size your backpacks. Your guide will help you get our pack set up to be as comfortable as possible.
- Set up trekking poles.
- Ask the guide any questions you may have before you hit the trail!

During your trip

- Communication is key! Let your guide know of any problems you may be experiencing; hot spots on your feet that may turn into blisters, joint pain, headache, nausea, or any signs of dehydration.
- Listen to your guide! For the safety of the group, efficiency of the trip and to abide by park regulations, there are some rules to follow.
- Drink water! Couple swallows every 5-10 minutes depending on temperatures.
- Eat snacks! You need to keep up your energy while hiking.
- Expect to be sore and sweaty. Enjoy the experience with every turn on the trail.
- Expect to be waking up early and hiking, especially during the warmer months.
- No eating or drinking (except water) in your tents! Animals will go after the smallest of crumbs and will chew through your tent.
- Once you arrive at camp, empty your pack of all snacks, trash, scented toiletries and any other items animals might decide is food and place inside the bear bins that are supplied, or hung on the bear wires. Animals will chew through, or even just eat, your packs. **See GEAR CARE for important details about your Just Roughin' It gear.**

Last day

- On the last day of your trip, we try to be off the backcountry by 2pm but the time will depend on your route.
- Walk to vehicles and exchange gear (remove all your gear from JRI packs).

Additional Hiking Tips

EATING & HYDRATION: You should prepare for your hike by eating well and drinking plenty of fluids at least one full day before the “big hike.” Be sure to eat breakfast the morning of your hike. It is also important to eat as well as drink during your hike. If you don’t take this seriously, you may cause yourself to become very ill from either water intoxication or dehydration. Severe dehydration or water intoxication will leave you feeling sick for several days or possibly cause you to be evacuated from your trip.

Water intoxication (also known as hyponatremia) happens when a person drinks a large amount of water and eats very little or not at all, creating an electrolyte imbalance. Eating is an important defense against exhaustion and water intoxication because your body spends an enormous amount of energy (food calories) keeping you cool in the heat.

The opposite of water intoxication is dehydration. Dehydration happens when your body does not get as much water and fluids as it should. Dehydration can be caused by losing too much fluid, not drinking enough water or fluids, or both. We sweat around 1/2 to 1 quart of water each hour when hiking in the heat. Drink 1/2 to 1 quart each hour that you are hiking. Do not wait until you are thirsty to start replacing fluids. If you are thirsty, you are already dehydrated. Hydration packs are great for the hike because they make drinking water easy and accessible. Be aware of signs of dehydration: dizziness, nausea, irritability, cool clammy skin and dark colored urine.

We recommend eating small amounts of food every 1/2 hour even if you don't feel hungry. It is also a good idea to rotate back and forth between water and an electrolyte replacement drink. We will provide you with food and electrolyte replacement drink for your hike.

PACE YOURSELF: Prior conditioning is invaluable. Remember to hike at a pace that is comfortable for you. When you huff and puff, your body does not get enough oxygen to function efficiently. Don't exceed your normal level of physical activity or training. You should be able to walk and talk at the same time.

TAKE CARE OF YOUR FEET: Trim toenails. Shoes should fit properly and be broken-in sufficiently. Bring one pair of hiking socks with heel and toe cushioning for each day of hiking. Some people like to wear a pair of sock liners, in addition to socks, to reduce rubbing. Glide or salve also works well to prevent rubbing. Retighten shoelaces during the hike to provide proper support for feet. Painful and crippling blisters are common but preventable. Address any blisters or hot spots as soon as possible with Moleskin (a padding which protects against painful friction).

For more detailed information on training, footwear, Leave No Trace outdoor ethics, etc., visit our blog at <http://blog.justroughinit.com>.

Gear Care

Just Roughin' It Adventure Company supplies you with \$800 - \$1000 of top quality backpacking gear. In order for us to continue to provide this type of gear, we want to give some tips on how to be sure the gear stays intact for your comfort throughout the trip and to avoid any cleaning, repair or replacement fees. The gear already has wear and tear, just let your guide know if anything happens to any of the gear while it is in your possession. Please let your guide know immediately if you are having trouble with any of your gear.

Packs

- Make certain your pack is fitting you properly. Allow your guide to assist you in making the pack fit as comfortably as possible.
- Please be certain all food, trash and scented items are removed from your pack as soon as you arrive to camp and put into the provided storage units. This will prevent any animals from chewing through your packs.
- Do not add to or remove anything or from the packs. For example, strings, rope or anything you would tie to the pack. Carabiners are ok.
- Use straps as and for what they are intended.

Tents

Think of your tent as your home away from home. You would want to keep the doors closed to keep unwanted things out and wanted things in. And keep it as clean as possible - you'll be spending plenty of time in the dirt as it is.

- The desert environment is very dry and can wreak havoc on tents - especially the zippers. The tents are cleaned after every trip, but the zippers on the doors can get sticky and dirty, especially after a few days in the back country. If you notice your zipper sticking, please do not force it open or closed. Check to be sure nothing is caught in the zipper - such as the rain fly or mesh. If that is not the problem, alert your guide so he or she can fix it for you. Forcing the zipper will break it and result in you having no door to close throughout your trip and a repair fee.
- Your tent is your 'clean space.' Keep it as clean as possible by keeping all dusty and dirty items, such as shoes, outside.

- No eating or drinking anything, except for water, in your tent. Be sure you have no food wrappers or scented items in your tent. This includes gum, toothpaste and deodorants.
- Do not add or remove anything to or from the tents - including guy lines. Guy lines are the cords attached to the tents. They are already positioned in the places they should be. Please do not remove and put them someplace else.
- Do not cut any guy lines or cords on the tent.
- Do not tie knots in the guy lines.
- While your guide is there is put up and take down your tent, some guests like to help. If you are one of those helpful guests, be sure the tent is put away the same way it was packed when you received it - footprint on the bottom, tent then rainfly. All doors must be zipped closed before rolling it up to keep dirt out of the zipper. Please do not stuff the tent into the stuff sack. If you have questions, ask your guide. He or she would be glad to help or put everything away for you - remember, this is your vacation!

Mats

Your mats are air mattresses; therefore, they are comfortable, but a quick encounter with a sharp rock or pine needle will quickly make a good sleep into a flat one. Be sure to unpack, inflate, deflate and pack your mattress inside your tent. This will keep your sleeping area clean and dust free. While the guide is there to pack and unpack your mattresses, we do ask that you inflate and deflate them yourself.

Sleeping Bags

- Since your tent is your clean space, you will want to set up your sleeping bags inside the tent. The mats slide into the back sleeve on the bag - the guide will show you the set up.
- Bags are to be used inside the tent only. They can only be used outside the tent if there is a large tarp provided.
- Tent footprints or rainflies cannot be used as tarps to sleep on.

Head Lamps

Headlamps are fragile and can break or crack when dropped and will cause them to malfunction during your trip. Please be very careful with them. The guide does carry extra batteries if the batteries in your head lamp do go out.