



# Science & Restoration Volunteer FAQ

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## GEAR

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### *Do I need to bring my own gear?*

Yes, volunteers are responsible for camping gear (as needed) and appropriate clothing for the field. CFC staff will provide you with a gear list of specific items for the type of trip you are attending. For overnight trips, you will need to bring a daypack, tent, sleeping bag, sleeping pad, light sources, kitchen supplies, etc. CFC will provide the specific equipment required for each trip - such as shovels, rakes, gloves, or data collection devices.

### *What should I carry in my daypack?*

At the very least, the ten essentials! <https://www.rei.com/learn/expert-advice/ten-essentials.html>

### *Do I need to bring my own food?*

Yes, volunteers are responsible for supplying their own food and water. Potable water is sometimes available at our campsites and will be noted in the trip description.

### *What should I wear while I am volunteering?*

Your attire will depend significantly on the weather, which can be quite variable in the Cascades. Your best bet is to bring a variety of layers, both warm and waterproof. We recommend long pants and long-sleeved shirts for protection from the sun, trees/brush, and bugs even in the heat.

## PLANNING

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### *Do I need to find a place to stay for overnight trips?*

No, CFC staff will reserve campsites within the Gifford Pinchot National Forest for trips that are two or more days. We stay at developed campgrounds, so potable water and bathrooms are typically available. During colder months, we will reserve lodging at cabins or bunkhouses (COVID dependent).

### *Can I bring a friend?*

Yes, of course! However, please get them to fill out a sign-up form because a lot of planning occurs before the trip, so we need to know exactly how many people are attending.

## PLANNING continued

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### *Can children attend the trip?*

Minors 13-17 can attend with a guardian on trips ranked three or below in difficulty.

### *Can I bring my dog?*

We ask that you please keep your furry friend at home. We do not want your dog getting hurt or risk them having a wild-life encounter that would be unsafe for them or the wildlife.

## COMMUNICATION

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### *I signed up for a trip; when do I get more details?*

Filling out the sign-up form does not guarantee a spot on the trip. We will reach out **one month** before the trip asking everyone for a final RSVP. From there, we will send out trip details regarding the meeting location and time, gear list, etc.

### *I can no longer attend the trip; how do I cancel my sign-up?*

Please email [trips@cascadeforest.org](mailto:trips@cascadeforest.org) ASAP to cancel your spot so we can try to get your spot filled before the trip.

## THE TRIP

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### *What should I expect on a volunteer trip with CFC?*

CFC will meet volunteers at an easy-to-find location near the project site (e.g., ranger district, campground, or parking lot) and then caravan/carpool to the project site. There will be a project overview and then training for whatever activity is being completed for the project. Volunteers will typically split up into smaller groups and work the rest of the day. The amount of time spent working on the project the first day is about 5 hours. Around 4 or 5 pm everyone will head to the campsite. This evening is spent however you choose - hanging out around the campfire, going for a nearby hike, or reading in your tent. The following day we will eat breakfast, pack up camp, and return to the project site. We will likely work until the late afternoon. If you need to be home by a particular time, just let us know ahead of time!

### *Can I attend for part of the trip?*

For most trips, it will be fine for you to attend for just one day. This option will be noted in the trip description. If you only want to participate for a day or need to leave early, just let CFC staff know ahead of time for planning purposes.

### *Should I be concerned about wildlife when out on a trip?*

There is a variety of wildlife in the GPNF, including but not limited to black bears, elk, deer, cougars, and coyotes. Many animals will not willingly attack unless they feel threatened or provoked. We want to be respectful of their home and not disrupt them, but it is good to make noise (talking, whistling, or clapping) while moving through the forest to alert wildlife that you are there.

**ANY OTHER QUESTIONS OR CONCERNS: CONTACT [trips@cascadeforest.org](mailto:trips@cascadeforest.org)**

