



The Colorado Trail Foundation

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WHAT TO EXPECT ON A CTF TRAIL CREW

**Logistics may vary crew to crew. Contact crew leader for details.*

If your crew is described as:

- **One-day:** Food for preparing a sack lunch is provided on one-day crews.
- **Basecamp:** Basecamp crews involve meeting at a location accessible by vehicle, where camp is set up. Crew members assist with camp setup, preparing meals, kitchen cleanup, and camp take-down. Weeklong (7- or 8-day) crews typically include Wednesdays off. The project site may be nearby or require a hike each day to the site. Some crews may require a drive each day and a hike if a campsite is not reasonably close to the project site.
- **Backpack:** Volunteers backpack to camp, carrying personal gear and one or more tools. Crews are self-supported with each volunteer bringing their own food and cooking equipment. The CTF provides food-hanging equipment, a group tarp, and backcountry toilet facilities.
- **Access:** Vehicle access to crew meeting locations are classified as follows:
 - **2WD:** Crew meeting location is accessible by 2WD vehicles via a paved or maintained gravel road; HCV or 4WD vehicles are not required.
 - **HCV:** Access to meeting location involves rougher unpaved roads than 2WD crews. High clearance vehicles are recommended, but 4WD is not required.
 - **4WD:** Access to meeting location involves very rough and steep roads of varying length. A high clearance vehicle with low range four wheel drive is recommended.

All trail crew participants should establish an exercise program prior to their arrival on the crew to minimize sore muscles. Those coming from at or near sea level may want to consider moving to altitude in stages up to their camp location to aid in their acclimatization process. Example: a layover day in Denver if coming from less than 5,000 feet in elevation. **Prior to and during the crew, drink more water than normal (stay hydrated) and get good sleep; these measures help the body acclimatize and stay healthy when active at higher elevations.**

Many of the trail crews will be working at 9000 ft. or above, and some will be working above 11,000 ft. (See the Crew Schedule/Brochure for the elevation of your crew.) The crews working above 11,000 feet will be mainly above timberline. The weather can be cold at these altitudes, so bring adequate clothing. All crews can expect to see some early morning frost. Be prepared for the spells of cold and changeable weather. **Rain gear is essential!** The sun is intense in the thin air, so you will need **sun protection** too.

All camps, except for backpack crews, are operated as a community effort. All chores such as setting up and breaking camp, meal preparation, wood and water gathering, washing dishes, etc., will be shared by one and all. The crew leader is in charge of coordinating camp logistics and typically uses a chore sign-up sheet.

Crew participants will be given a safety demonstration of the tools they will be using and an introduction to trail building techniques before work begins.

All meals are provided on basecamp crews. Breakfast is usually at 7:00 am. Each crew member will pack their own lunch to be eaten out at the construction site. Dinner is typically around 6:00 pm. The meals will be served family style and will be prepared from a combination of fresh and canned supplies. We ask that if you have any dietary restrictions you plan to accommodate your own special needs and inform your leader prior to the crew. Food for making a sack lunch will be provided for one-day and basecamp crews. Backpack crew members must bring their own food for all meals.

Basecamp crew facilities typically include portable toilets and a shower enclosure for use with **your own** sun shower bag. This does not apply to backpack crews; toilet facilities will be cat holes or a trench toilet. Typically there is a water source in camp for all water needs.

Example of 8-DAY CREW Schedule (*May vary crew to crew. Contact crew leader for details.*)

- Saturday: Meet at rendezvous point. If necessary, commute to base camp. Set up community camp and personal gear. At drive-in crews, the first meal provided is dinner.
- Sunday: Crew leaders give safety demonstration and an introduction to trail building techniques. Beyond that, much of the day will be unstructured and used as a day for crew members to acclimate to the elevation.
- Monday & Tuesday: Work on trail.
- Wednesday: Free day; all are free to do as they wish.
- Thursday & Friday: Work on trail.
- Saturday: At drive-in crews, the last meal provided is breakfast. Break down community and personal camp gear. Travel home.
- 7-Day Crews may arrive a day early or leave a day early; work days and day off may be adjusted accordingly.

Example of WEEKEND CREW Schedule (*May vary crew to crew. Contact crew leader for details.*)

Weekend crews are condensed versions of the weeklong crews.

- First Day: Meet at rendezvous point, and then commute to base camp. Set up community camp and personal gear.
- Middle Day: Crew leaders give safety demonstration and an introduction to trail building techniques. Work on trail.
- Last Day: Work on trail. Break down community and personal camp gear. Travel home.
- Meals provided on drive-in crews will vary depending on crew length and meeting and departure time. Contact crew leader for details.