



# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club  
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## Appalachian Footnotes

the magazine of the  
Delaware Valley Chapter  
Appalachian Mountain Club  
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**Just click on any e-mail or web link.**

**They all work!**

**Click on the bookmark icon  and you will get a clickable index!**

## Chapter Leaders' Hotline: stay in touch

Communication with our Chapter leaders is very important. The main source for communicating with our leaders is our DV Leaders Hotline through Yahoo Groups.

If you are a DV Chapter leader and feel you are not currently receiving e-mails sent out over our Leaders Hotline it is possible we do not have a current e-mail address for you. If you have changed your e-mail address within the past few years and have never notified us about it, we need your current e-mail address.

Please contact our Communications Chair, Rich Wells, at [communication@amcdv.org](mailto:communication@amcdv.org) with your current e-mail address and he will send you an "invite" to join our DV Leaders Yahoo Group. You must accept this invite to begin receiving e-mails through our Leaders Hotline. We cannot simply edit your e-mail address due to spam considerations. Please help us to keep the lines of communication working by staying current with your contact information.

### Membership Information

Moving? Please remember to change your address and desired chapter affiliation by going to the AMC Member Center at [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter) or calling AMC Member Services at 800-372-1758. This will correct your address for AMC Outdoors. Address corrections cannot be made by the newsletter editor.

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610-933-2630, [membership@amcdv.org](mailto:membership@amcdv.org)

Lehigh Valley area: Phill Hunsberger,  
610-759-7067, [lehigh-valley@amcdv.org](mailto:lehigh-valley@amcdv.org)

### AMC Information Sources:

Delaware Valley Chapter Web Site: [amcdv.org](http://amcdv.org)

DV Paddler's Web Site: [paddlenow.com](http://paddlenow.com)

Chapter e-mail: [info@amcdv.org](mailto:info@amcdv.org)

E-mail Hotline: [hotline-requests@amcdv.org](mailto:hotline-requests@amcdv.org)

AMC General Web Site: [outdoors.org](http://outdoors.org)

### Chapter Ombudsman

Questions, complaints, concerns or comments about the Delaware Valley Chapter of AMC should be directed to Chapter Ombudsman, Allen Male at [ombudsman@amcdv.org](mailto:ombudsman@amcdv.org).



**Cover:** Ann Funge on a chapter hut based trip to Carter Notch in the White Mountains last summer. Sue Bickford-Martin led the trip and took the photo.

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## Highlands Trail Stewards meet, plan work

The inaugural meeting of the Highlands Trail Stewards (HTS) was held April 30 at Bridgeton Township, Bucks County, with key DV Chapter trail maintainers participating.

Special thanks goes out to Gard Holby and Bridgeton Township for providing a meeting place so close to Ringing Rocks County Park, and also to the Bucks County Parks Department for encouraging our trail improvement projects in the park.

Greg Bernet, the HTS's first crew leader, was introduced and an overview of the Pennsylvania Highlands Trail Network was presented by AMC staff including John Brunner and Mark Zakutansky. A portion of the meeting was devoted to a general discussion of the DV Chapter's long history of trail work in the region with Trails Chair Phil Mulligan describing ongoing work at Valley Forge National Historic Park, and Dan Schwartz discussing the projects undertaken on the Chapter's 15-mile section of the Appalachian Trail.

Jonathan Martin, AMC's NY/NJ Trails Volunteer Programs Supervisor spoke to the group about AMC's professional crew, as well as safety standards and tool maintenance. He also offered great advice about working with different managers and volunteer rules in local, county, state and federally owned parks.

A discussion about overall tool needs was helpful in identifying opportunities for sharing resources among the Chapter's different trail crews and project areas.

Following the indoor meeting, the HTS crew toured the evolving Ringing Rocks Trail system from the Delaware Canal (D&L Trail) up to Ringing Rocks County Park. Along the way, we engaged in trail assessments and discussed projects for the coming year.

While the initial project area for the new crew is the Ringing Rocks Trail, other areas for potential trail work could include trail maintenance and signage on Monocacy Way Trail (near AMC's Mid-Atlantic Regional Office at Illicks Mill), and new trail construction in the Unami Hills area close to the Bucks-Montgomery border.

DV Chapter members interested in helping with the Highlands Trail Stewards may contact Greg Bernet at [gregbernet@gmail.com](mailto:gregbernet@gmail.com). Those interested in working in other areas of the Chapter's region may contact Trails Chair Phil Mulligan at [trails@amcdv.org](mailto:trails@amcdv.org).

For more information, go to <http://pahighlands.org>

— John Brunner

**Top:** AMC Professional Trail Crew building the Ringing Rocks trail following the route a long-abandoned logging road, part of the Highlands Trail Network. **Right:** Hikers on an AMC DV Chapter trip on the same trail.



## DV Chapter hiking, paddling, biking leader Ian Kindle honored as State Park Educator of the Year



AMC DV leader Ian Kindle has been awarded the 2015 Environmental Education Award as the top state park educator by the Pennsylvania Department of Conservation and Natural resources.

Ian, who works at the Delaware Canal State Park, received the award for producing programs at the park that have won visitor approval and increased park attendance.

According to his supervisors, Ian "continually finds and develops new programming ideas to keep the program fresh for the visitor ... has a natural ability to reach visitors on many levels, encourages visitor participation by offering a variety of programs ... and is seen as a leader for environmental conservation and recreation."

He has produced "a wide variety of programs providing a true balance between environmental education, recreation, historical and cultural interpretation."

For those of you that heard Ian may be leaving the state park for another position, he decided to remain at his present post.



# Outdoor Leadership Training program graduates 29

The AMC-DV's annual Outdoor Leadership Training course took place this year on the weekend of April 15-17 at the Environmental Education Center at Nockamixon State Park.

The Class of 2016 included 29 participants with a wide variety of backgrounds and interests. Some had considerable previous experience with leading hiking, biking, and backpacking trips for other groups or AMC Chapters, while other participants were quite new to AMC and to outdoor leadership.

All expressed an interest in learning more about how to safely enjoy experiences in the outdoors and share those adventures with others. Their comments at the conclusion of the course indicated that they felt the course had, indeed, been a worthwhile one:

*"I attended the program because of a desire to become a helpful, efficient, AMC participant and leader. I found the workshop very relevant and informative."*

*"Not only had a great time, but learned a lot. I look forward to learning more with my mentor and leading hikes in the future. Thank you for all of your hard work. It was and is much appreciated!"*

*"Informative, fun, and worthwhile. Tons of good information."*

*"Really, really liked the role plays — very fun and informative, definitely useful when out on the trail."*

*"Fun exercises, well thought-out. I learned some things about myself in addition to learning about relevant scenarios and how to handle them"*

*"I was totally wowed by this training. The variety of topics and presenters kept things moving, so the hours flew by quickly. There was a good amount of time to socialize and work in groups with other participants. Good mix of Powerpoint, lecture format vs. skits/ interactive format. The preparation for this training was the best I have ever seen -everything was in place, very impressive and appreciated. Thank you for a really great leader training weekend!"*

As part of the leadership training weekend, a Leaders Dinner was held at the Pennridge Community Center on Saturday night which all DV Chapter leaders were invited to attend. More than 75 current and future leaders took part in the evening's activities, which included pre-dinner tutoring sessions on the use of the AMC Activities Database and an excellent dinner provided by Lindinger's Catering and the AMC-DV Social Committee.

The evening presentation included an opportunity for DV leaders to find out a little about each of the new trainees, and gave the trainees a chance to hear from experienced leaders about why they enjoy their roles as DV leaders.

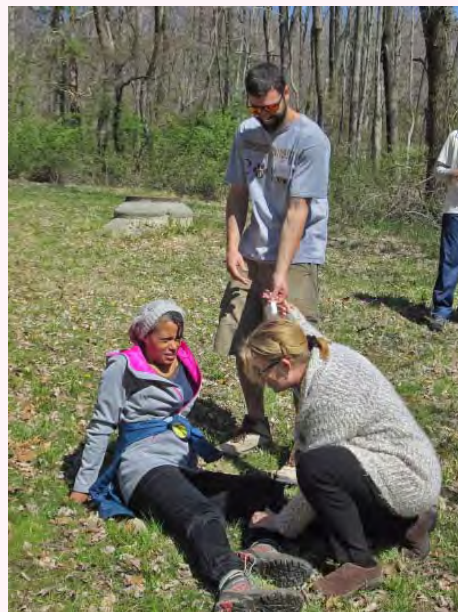
AMC staff members Kristi Edmonston (Leadership Development), Susannah Hatch (Volunteer Relations) and Cathy Reuscher (AMC Bethlehem office) as well as DV Chapter Chair Joan Aichele were on hand to share information about various AMC programs. The group then broke into roundtable discussion groups to "caucus" on the types of activities that they would like to see added to the DV schedule in the coming months.

Congratulations to the OLT Class of 2016 graduates: Imma Barrera, Gil Clark, Lorraine Cosumano, Andrea Deimel, Daryl Ezzo, Cindy Good, Chun (Connie) Guan, Greg Honachefsky, Ras Howard, Bob Insinger, Mary Insinger, Robin Jackson,

Mike Kennedy, Claudine Kos, Magan Kustera, Bob Liston, Jean MacFarlane, Katie Martens, Julia Menzo, Dave Mitchell, Elayna Mofitt, Anthony Myers, Elan Ovall, Rand Salani, Joanie Schultz, Gary Schwab, Jay Sitkin, Deanna Stull, and Amelia Wisniewski-Barker.

And many thanks to the trainers for this year's course: Joan Aichele, Terry Berntsen, Tammy Brandon, Cindy Crosser, Kristi Edmonston, June Gondi, Pete Jarrett, Mark Kern, Phil Mulligan, Eric Pavlak, Ron Phelps, Malcolm Preece, John Rogers, Bill Steinmetz, Lennie Steinmetz, and Rich Wells. Thanks also to the DV Social Committee and the computer tutors who assisted at the Leaders Dinner. Our volunteer leaders are the heart of the DV Chapter, and we are fortunate indeed to have such a great group of experienced and incoming leaders in our ranks!

— Lennie Steinmetz





# Leading Getaways at Mohican: giving, sharing, fun

By Lorraine Abate Cosumano

Listening to the “peep-peep-peep” of spring peepers or waking to the rhythmic call of the whip-poor-will. Watching a newborn fawn in the woods. Experiencing the breathtaking beauty of the ridge views from the Appalachian Trail. Enjoying fresh air. Kayaking on Catfish Pond. Sitting in the Adirondack chairs at the boat house. Making new friends. These are just a few of the reasons why so many people are drawn to the Mohican Outdoor Center in the heart of the beautiful Delaware Water Gap National Recreation Area.

The AMC Delaware Valley chapter has over 25 leaders who conduct Getaways at Mohican throughout the year. Some of the topics include Yoga and Hiking, New Members Weekends, Midweek Wanderings and Family Getaways. You can see stars, track animals or learn fly fishing. You can learn how to cook Indian food and meditate, or practice outdoor skill like starting a fire or filtering water. While the themes are different, the opportunities to experience nature, relax and totally unwind in the outdoors are always the same.

Why do AMC leaders lead getaways? For most of our leaders, the reasons are similar. They want to give back to AMC, an organization that has done so much for them. According to Jennifer Percival, leader of Autumn Wanderings and Snowshoe weekends, leading trips that she enjoys and sharing the experience with others motivates her to lead getaways. She also loves to teach people outdoor safety and preparedness.

These reasons are echoed by many of our leaders. Stan de Riel and Annette Sheldon, who hosted Family Getaways and Work & Play weekends love meeting great families and other AMCs. These getaways are a great way to do that! Elayna Moffit, leader of Backpacking and Camping Skills for Women weekends, enjoys seeing her participants truly learn and gain confidence in their skills.

Funny things can happen at Mohican. When attending Priscilla Estes’ Yoga and Hiking weekend, prepare to be distracted by wildlife. Usually it’s the turtles — the enormous, Galapagos-sized one, the medium one, and the relatively petite one.

This past April it was the beaver family — mommy, daddy and baby. She couldn’t get people to stop watching them and sit down for yoga! Or the Adirondack chairs might call you to relax...relax...relax. Games like Bananagrams and impromptu musical sessions (good voice or not) are often part of the fun. Sometimes it’s just learning to have fun again — the kind of fun we used to have when we were kids.

During the Work & Play weekend hike along the AT, Stan and Annette’s group had a snake encounter. They met two hikers thrashing, and with a howling dog on a tangled leash, through the scrub oak above the trail at the Rattlesnake Swamp/AT junction valley overlook. The hikers yelled: There’s a **rattlesnake** on the trail right up ahead!. It turned out to be a large, placid blacksnake curled up about a foot from the trail, utterly at peace. The AMC group all said “Hi” as they walked by.

During one of the Dark Skies weekends, the group took an evening hike to an overlook on the AT, right above an estate where a wedding reception was being held. They had quite the serenade from their music.

You never know what you might encounter on the trails!

Christine Murray, who along with her husband, Bill, hosts the Animal Tracking weekends each January, summed up the Mohican experience:

“We love introducing people to Mohican, and to enhance their experiences. We like to make people feel confident in the outdoors and to use all their senses. Mohican is such a great location, with many options for outdoor activities. The lodging is comfortable and the meals by the AMC staff are fantastic. I used to cook professionally so I love when others do the cooking and do it so well. Having a getaway over several days is a nice way to build a feeling of community.”

Many of our leaders decided to lead a getaway because someone asked them. So now, we are asking you. What talents or interests do you have that you want to share with others? Why not lead a getaway? It might be a lot of fun and very rewarding. To learn more about how to lead a getaway, contact Lennie Steinmetz at [steinmetz.lennie@gmail.com](mailto:steinmetz.lennie@gmail.com)

If you haven’t been to Mohican for a guided program, come and join us. We can guarantee you will have many opportunities for fun!





## **Paddling, water safety courses offered this July**

Our solo open canoe course is set for the weekend of July 9 and 10 on the Schuylkill River near Reading, PA, and will cover basic solo paddling up to entry level whitewater. Members \$25/ non-members \$35.

Our annual **swiftwater safety** session is marked for July 23 at the Lambertville Wing Dam on the Delaware River, \$15/25.

These courses have modest fees, and all equipment is provided. These events may be rescheduled due to water levels and weather conditions. For the latest information go to the paddler's web site, [paddlenow.com](http://paddlenow.com).

## **Outdoor Leadership Training Course to be Offered this Fall**

The DV Chapter offers a training course for outdoor activity leaders each year in the spring. In addition, we have established a reciprocal arrangement with the Connecticut Chapter so that DV Chapter members may attend the CT Chapter's leadership training course in the fall. If you'd like to get started as an AMC activity leader ASAP, this is your chance! The course this year will be offered on the weekend of November 18-20 in Litchfield, CT (western CT). We will try to coordinate carpools for DV Chapter members traveling to Connecticut for the course (about 3½ hours from Philadelphia).

The November course, like the DV Chapter's spring course, covers many aspects of being a trip leader such as group dynamics, leadership styles and accident scene management, and is led by AMC volunteers and staff. DV Chapter members completing this course will be certified as trip leaders upon completion of two successful co-leads on DV Chapter trips.

The cost for the weekend is approximately \$50 for members, \$65 for non-members, including instruction, handouts, lodging and meals. For those leading at least two hikes for the DV Chapter within a year of the course, 50% of the course cost will be reimbursed. For additional information on this course or on other leadership training opportunities available through the AMC, contact Leadership Chair Lennie Steinmetz at [leadership@amcdv.org](mailto:leadership@amcdv.org) or phone her at 610-694-8677.

## **Make your activities sound like fun; improve trip descriptions**

DV Chapter leaders, one of AMC's missions is to get more people outdoors. To experience the joys and benefits of time spent outdoors recreating. To help you AMC has created a Activities Database Style Guide with suggestions and guidance on how to improve your activity descriptions.

Your descriptions should make your activities sound fun, interesting and welcoming. When you are writing your descriptions try to include as much information as possible to reduce the number of questions you will have to answer from participants. This easy to use Style Guide can is available at [amcdv.org/assets/activities-database-style-guide.pdf](http://amcdv.org/assets/activities-database-style-guide.pdf)

## **Mountains of the Heart**

*A Natural History of the Appalachians*  
20th Anniversary Edition

By Scott Weidensaul

Review by Eric Pavlak

A gunshot and splash of blood on a snowy November day in north-central Pennsylvania in 1867 marked the end of the last of the wapiti, the native elk of the Appalachians. A hundred years later, the majestic bald eagle was all but gone.

Today, the eagles are back, thanks to conservation efforts and a ban on the poison that was killing them. A few western elk have now repopulated a tiny part of their former vast range. Each spring, the trout lilies and May apples still sprout. The land is once again verdant green, though men still rip coal from the earth, dump waste into streams and pump toxic fluids into deep bore holes to extract natural gas. Resplendent with nature's beauty, rich with trees and water, these mountains have generated great wealth and great poverty. And every year, the snows refresh, the waters flow and the land regenerates.

Once towering to the heights of the Alps and the Rockies, the now-eroded and rounded Appalachian Mountains are among the oldest major mountain chains on earth. Extending from north-central Alabama to Belle Isle, off the northern tip of Newfoundland, they are the defining topological feature of eastern North America. They hold vast natural diversity and wonders, and have shaped much of the history of our nation and our continent.

Reading Scott Weidensaul's *Mountains of the Heart* is like many fascinating days walking with an eloquent naturalist, and many evenings with a knowledgeable and genial historian.

Weidensaul takes us not just into the woods of these old hills, but along the creeks and rivers, and the flyways of birds and butterflies. He tells of those settled here and those who's lives and land the settlers took.

This book was originally published 20 years ago. This is a newly updated edition, with a must-read introduction that includes the latest environmental insults our species is hurling at our mountains, and the conservation efforts to minimize the damage.

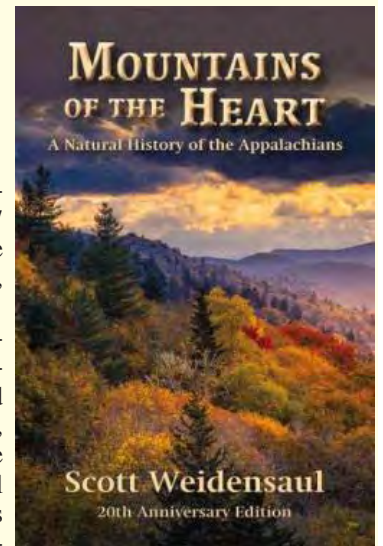
An author writing on a topic so vast as a mountain range obviously has to be selective. Your favorite topic might not be included. I was hoping for some mention of the extraordinary story of the American eel. I didn't find it, but instead learned of the extensive travels of botanists John (father) and William Bartram in the mid-1700s.

**Reading Scott Weidensaul's *Mountains of the Heart* is like many fascinating days walking with an eloquent naturalist, and many evenings with a knowledgeable and genial historian.**

Many nature writers are boring to me, lacking the poetry of a Wordsworth or the insight of a Thoreau. Unlike them, Weidensaul has produced a book that is fun to read. It is filled with well-researched information. Learn more about our loss of the great chestnuts, the once great shad runs, vanished bison. Celebrate the resurgence of egrets and ospreys. Learn about a multitude of things you have walked past and never noticed. Celebrate our beloved mountains.

**About the Author:** Scott Weidensaul is a Pennsylvania native and current resident, who began his writing career with the Pottsville *Republican*, first as a columnist, than as a full-time reporter. He left that 10-year stint to become a freelance nature writer, with long-running columns in the Philadelphia *Inquirer* and the Harrisburg *Patriot-News*. He has written more than two dozen books, including *Living on the Wind: Across the Hemisphere with Migratory Birds*, a finalist for the 2000 Pulitzer Prize. He is contributing editor for *Audubon* magazine and writes for, *Bird Watcher's Digest* and *National Wildlife*.

He is an active field researcher studying bird migration, and is one for the few licensed hummingbird banders in the country. Owls are the focus of much of his efforts, and he directs the ornithology program at the Audubon Society's Hog Island camp off the coast of Maine.





# 2016 FALL GATHERING

URI W. Alton Jones Campus | West Greenwich, RI  
Hosted by the Narragansett Chapter  
**October 14-16, 2016**



Join us for some outdoor fun, Southern New England style. A few of the activities we have in store for you include kayaking twisty rivers and our glistening bay; biking through rolling hills painted with Autumn colors; hiking over limestone boulders, and enjoying one of the greatest oceanscapes ever, the world-famous Newport CliffWalk! Then get cozy in your tent or a comfortable cabin nestled among the 2,300 acres of lakes and forests of our beautiful and wild Alton Jones Campus of the University of RI. Start planning your fall adventure at [outdoors.org/fallgathering](http://outdoors.org/fallgathering) today! Registration closes at 5PM on September 30th.



## Enter AMC's 2016 Photo Contest

Enter your photographs and to be eligible to win great prizes, including a spot in a photography workshop with an accompanying stay at an AMC lodge and outdoor gear from Deuter, Forty Below, LEKI, LifeStraw, and other manufacturers. Plus, score serious bragging rights!

For more information, and to enter, check [amcdv.org](http://amcdv.org) (our chapter web site) mid-summer for the contest link. It will be on the bottom of the home page.

*Photo Credit: Amy Schoonmaker, Knifes Edge, 2015 Landscape and Nature Winner*

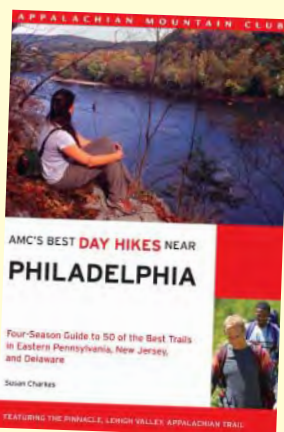
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Real conservation science! Fun, too!**

For ongoing projects, go to [amcdv.org/conserv2.html](http://amcdv.org/conserv2.html) • For short-term projects, go to <http://amcdv.org/conservation.html>





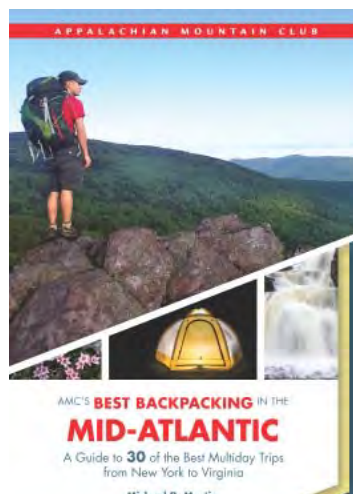
**Outdoors with Kids Philadelphia** is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses on the "pay-off" for children of each age group while specifying which locations are good for hiking, swimming, paddling, biking, etc. It features safety tips and a "Plan B" for each destination.  
Member Price: \$15.16



**AMC's Best Day Hikes Near Philadelphia**  
Four-season Guide to 50 of the Best Trails in Eastern Pennsylvania, New Jersey, and Delaware  
Member Price: \$15.16

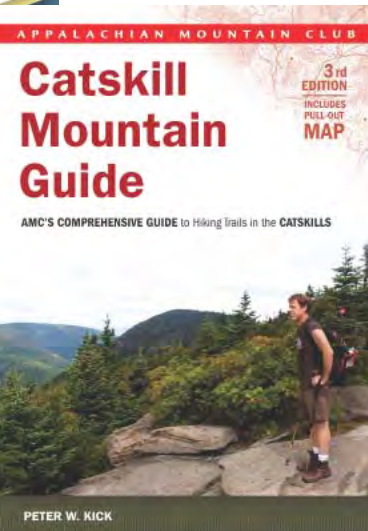
Both by Susan Charkes  
Our chapter's past  
Conservation Chair

## Now available from AMC Books



**AMC's Best Backpacking in the Mid-Atlantic: A Guide to 30 of the Best Multiday Trips from New York to Virginia**  
By Michael R. Martin  
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**Catskill Mountain Guide: AMC's Comprehensive Guide to Hiking Trails in the Catskills, 3rd edition**  
By Peter W. Kick  
Paperback  
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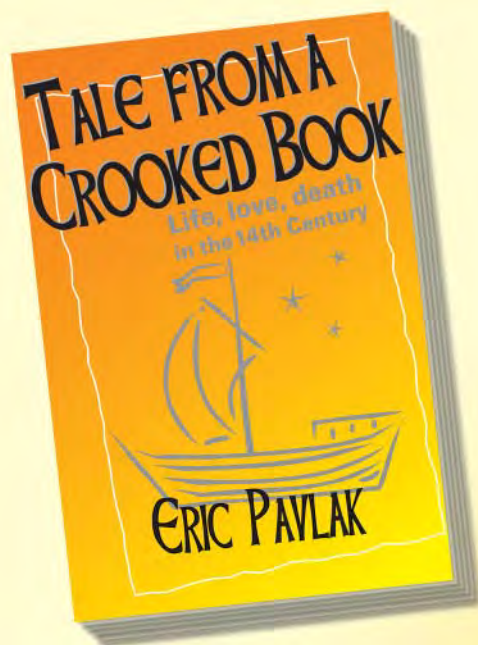


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# Leave No Trace: The 7 Principles

## Travel and Camp on Durable Surfaces

Walk down the middle of the trail  
Rock hop whenever possible and especially in the alpine zone



## Minimize campfire impact

Use a camp stove whenever possible  
Use existing fire rings and burn all wood to ash

## Dispose of Waste Properly

Pack it in, pack it out!  
Deposit solid human waste in a 6-8" deep cat hole at least 200 ft. from water, camp, and trails



## Leave What You Find

Leave rocks and plants as you find them  
"Leave only footprints, take only pictures"

## Respect Wildlife

Don't feed or attempt to pet any animals you may see on the trail  
Store food properly so that you don't inadvertently feed the animals



## Be Considerate of Other Visitors

Limit group size  
Be courteous on the trail  
"Let nature's sounds prevail"



## Plan Ahead and Prepare

Do you have the means to follow the previous 6 principles?  
Are you familiar with the regulations for this area?  
Do you have the 10 Essentials?

## The 10 essentials:

Map  
Compass: know how to use it  
Warm clothing—not cotton  
Extra food and water  
Flashlight or headlamp  
Matches, firestarters  
First aid kit, repair kit  
Whistle  
Rain, wind jacket and pants  
Pocket knife or multitool

## Trail volunteers needed for Harriman, Mohican

AMC will be opening its doors to Harriman Outdoor Center (HOC) this summer. Located at the former site of a youth camp on Breakneck Pond, HOC is part of the organization's broader commitment to expand its impact in the greater New York area.

Numerous AMC groups will use the center, including AMC-led youth outdoor education and leadership programs, as well as chapter-led programs open to the general public.

In addition to the Harriman Outdoor Center, AMC has hired a NY/NJ Trails Volunteer Programs Supervisor, Jonathan Martin. Jonathan will be primarily responsible for staff led volunteer trail programming, including week-long Teen Trail Crews and week-long Adult Volunteer Vacations. He will also be responsible for the implementation of trail programming based out of Mohican Outdoor Center, where, in addition to the week-long opportunities there will be a single day opportunity on the second Saturday of each month starting in April as well as an Adopt-A-Trail program.

For more information regarding staff-led trail volunteer opportunities in NY and NJ, contact Jonathan at [jmartin@outdoors.org](mailto:jmartin@outdoors.org). Also see additional AMC volunteer opportunities at <http://amcdv.org/volunteer.html>

## Recipes sought for AMC's new trail cookbook

AMC Books needs your help! AMC's Real Trail Meals is our first ever cookbook, and we want to make sure we're tapping into all of the backcountry expertise we have from our skilled volunteers.

Authors Ethan and Sarah Hipple are writing a cookbook for AMC Books titled AMC's Real Trail Meals, due out in Spring 2017, and we want to include some AMC trail-tested recipes. For those recipes that make it into the book, we'll be sure to include the sharers' names and AMC chapter affiliation. (No pay for accepted recipes, just the honor!) More from Sarah below:

We are looking for input from current and past AMC folks that might want to share their favorite tried and true backcountry recipes. We want the cookbook to include as much of the AMC history and culture as possible, and to reflect the long-standing tradition of cooking hearty, wholesome food out on the trail.

Whether you work or have worked on trail crew, construction crew, the huts, shelters, camps, or led educational trips, we want your favorite recipes! Even if it is just a list of food you ate on the trail, or your standby one-pot pasta mush, we want to hear from you. We'd love to have your chapter represented. To that end, please send your own recipes to Sarah Hipple at [sarahbaldwinhipple@gmail.com](mailto:sarahbaldwinhipple@gmail.com)



# Electronic trip reporting: you no longer need to mail forms!

With our new on-line trip report system, AMC-DV leaders can file trip reports electronically, instead of mailing them to the appropriate activity chair. You will need to:

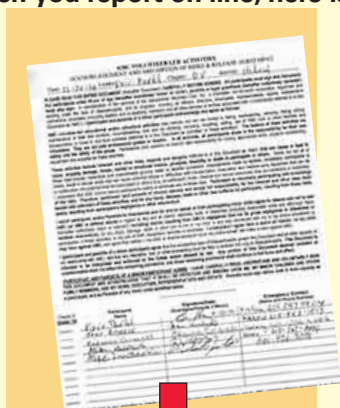
1. **Get a User ID and password for the chapter trip reporting system.** This is not the same thing as having a user ID and password for entering trips into AMC's on line activity system. However, you can keep things simple by using the same user ID and password for both.

(Explanation why: AMC's on line activity system is located on a secure server controlled by the staff at AMC headquarters in Boston. The trip reporting system is located on the secure server that hosts this web site, our DV Chapter site. This site and the trip reporting system was created by two local volunteers. We are actually a step or two ahead of what the folks in Boston are doing. For security and technical reasons, we have no access to your log in credentials on the trip listing server.)

If you have not yet been sent a link to set up your User ID and password, or if you have forgotten your ID, please contact [login-help@amcdv.org](mailto:login-help@amcdv.org). This help mailbox is monitored by a volunteer, so it may take a day or more to get a response, particularly on weekends. Please be patient!

2. **Scan or photograph your trip sign in sheets.** We just need the side with the signatures. The file format should be either PDF or JPEG. [Click here for some very useful help](#) with scanning or photographing your sign in release sheets. After you are done scanning, look at the file, and make sure that you could read it.
3. **Fill out the trip report** on line at <http://amcdv.org/TripReport.php>

When you report on line, here is what happens:



Sign-in sheet,  
plus on-line trip report..

**This goes to the activity chair.** You can get a copy e-mailed back to you if you check the appropriate box.



A copy automatically goes to our volunteer activity logger, who enters the trip and participant information. This is how we track miles hiked, rivers paddled, trails worked on, etc. This will be used for our new annual awards.



A copy automatically goes to AMC headquarters in Boston, where it is used for statistical purposes, and kept as a legal record.

**Click Here to go to the log in page**  
**<http://amcdv.org/TripReport.php>**