

# MOVE4NATURE



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## CHAPTER 4

# How to organise a clean up hike?

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## Step 1: Recognising the Problem

The first step is recognising the idea that there is a plastic pollution problem in our mountainous areas. It is up to us, as educators, to equip young people and the general population with the knowledge and skills to tackle this issue and take action to protect nature for generations to come.

**The dream team for clean up hikes would include the following experts:**



**Chief Coordinator** - responsible for the overall coordination and leadership of the clean-up hike



**Partnerships Officer** - responsible for liaising with all the different organisations involved in clean-up action, e.g. NGOs, government, etc. It's vital that you raise awareness of your trail clean, so that we maximise the impacts and create long-lasting changes.



**Hike & Clean Up Leader** - responsible for the route planning, safety, and leadership on the day during the hike. They will also be responsible for dispensing the materials needed for the clean-up.



**Data Officer** - responsible for compiling and analysing the data at the end of the hike, e.g. how many items, what was the most common item, overall weight.



**Social Media Officer** - responsible for sharing the clean-up action event across social media and in the community, recruiting participants and liaising with them for any questions, taking and sharing photos/videos of the event.



**Environmental service or local waste management service** that will take over the trash you will collect.

But since most sport clubs do not have the possibility to gather a team of experts and rely solely on volunteers, a mountain guide who beforehand consults with an environmental or waste management service will do.

## Step 2: Plan Your Route

When planning your route, think about what hiking areas have the most issues with litter pollution on the trails.

Think about the abilities of the young people who will be hiking - will it be their first hike? What distance and ascent is manageable?

You'll need to do a risk assessment and fill in the relevant paperwork and make sure you have the right insurance ahead of running the hike. Check with your organisation for specific requirements.

Check the natural protected areas/zones in your country. If you're planning to go hiking in a protected area check the necessary requirements with the local authorities.

Transport - try to reduce your impact and travel there by public transport/bicycle if you can.

## Step 3: Recruit!

Now that you have the plan for the day together, it's time to recruit your hike participants! If you're a teacher, you may be able to ask for time out the school day to do the hike with your class.

If you are planning to do a community event, then make contacts with schools and local community organisations that work with young people, and raise awareness of your event through speeches and putting up posters, sharing the event on social media. Try making a Facebook event.

## Step 4: Before the hike

Before you head out on your hike, you'll want to gather some key information from those who are going on the hike, including:

- Full name
- Age
- Contact information (email address and/or phone number)
- Parent/legal guardian consent, if applicable
- Emergency contact information
- Pre-existing health conditions and any medication they require

You'll also want to share a kit list with the participants so they know what to bring on the day:

- Rucksack
- Waterproof jacket
- Spare / warm layers
- Torch
- Whistle
- First aid kit
- Map/compass
- Fully charged phone - waterproof case/bag for it
- 2 litres of water
- Lunch and snacks - bring food which won't spill or go off in the heat of the day. You can minimise impact before you leave by packing your lunch in a reusable container, or using a sustainable packaging such as beeswax wrap.
- Group shelter/some kind of bivvy bag (the hike leader can bring this)



It's really important to check the weather forecast in the days leading up to your hike, as well as on the morning of the hike. The forecast can change considerably in a short space of time. Check at least two sources. You may need to change the direction or height of your hike depending on the wind speed/direction and amount of precipitation forecast.

## Clean Up Materials

You'll need to organise and collect the clean up materials ahead of the hike. For this you will need:

- Reusable gloves
- Litter pickers
- Bin bags
- Sheet of paper for documenting the type and number of litter picked
- Pencils



### What happens to the rubbish after you've collected it?

Ensure that you have a plan for where the litter will be taken after the hike. You'll need to liaise with a waste management company to pick up your bags and make sure that it is sorted and recycled appropriately.

## Step 5: on the day!

Remember to check the weather at the start of the day so that you are aware of any changes that may occur throughout the day. It might look like a beautiful clear day but that can quickly change in the mountains!

Welcome all the participants to the start of the hike, brief them on what to expect from the day. Remind the participants of health and safety, including what trash is not safe to pick up.

We've come up with a session plan, which you are welcome to adapt as you like!

Time	Location	Purpose	Activity
15 min	Hike Start Meeting Point	Enthuse and engage	Welcome the hike participants Introduction to the issue of pollution in the mountains, and the environmental impact of this. Explain the plan for the day Ask everyone to set a personal goal
15 min			Hand out clean up action kit
10 min		Knowledge	<b>Activity 1</b>  Ask participants to collect as much litter as they can in 1 minute, then bring it back to discuss.  Discuss what some of the items are, what the most common ones were, the impact they can have.
60 min	Hike on trail		
15 min	Trail	Direct experience	<b>Activity 2</b>  Connecting with nature Do a grounding exercise, e.g. asking participants to identify 4 things that they can smell, see, feel and hear.  Discussion of species (e.g. trees, animals, flowers)Discussion of the benefits of the outdoors on mental/physical health.  Give 3 minutes to collect trash, bring back for discussion.
60 min	Hike on trail		

Time	Location	Purpose	Activity
15 min	Lunch break	Reflect	<p><b>Activity 3</b></p> <p>Get participants to stand in a circle, and share a highlight/something they were surprised about from the first half of the day.</p> <p>Share a goal for the afternoon</p>
30 min	End of hike	Reflect	<p><b>Activity 4</b></p> <p>At the end of the hike, gather participants in a circle</p> <p>Ask them to share a highlight and something/someone they are proud of.</p> <p>How could they take what they have learned today and use it in the future?</p>

### Safety, what to do in an emergency

- Make sure that before you set out for a hill-walk, you tell a trusted contact where you are going, your route, and when you plan to be back. They will also need to know what to do if you don't return.
- Think about specific hazards on the day, such as hypothermia or heat stroke - how can you avoid these? E.g. more layers, suncream, more water.

### **Follow these steps if something does go wrong:**

- Make sure you/party are safe and comfortable
- Find your location (e.g. map and compass or an app)
- Phone the police then mountain rescue (or country specific practice)
- Give details of who you are/ how many
- Give your location
- Nature of the incident, what is wrong?
- What equipment do you have?

### **At the End of the Hike**

It's important to celebrate your hard work after the hike! Encourage participants to stay and socialise, organise a lunch/dinner for participants if you can.

Do a full report on the amount and type of trash you have collected and document this. Make sure that all the trash collected is disposed of correctly.

### **Step 6: Share your Hike!**

Try to create a trash report on the same day as your hike, so that participants can see how much great work they have done!

Share these numbers and photos/videos from your event across social media, and encourage participants to do the same, using the #Move4Nature hashtag. This will help raise awareness of the issue and encourage people to plan and engage in more clean up events in the future!

**Source: the programme was developed by Emily Bowie, Expert in Inclusivity and Outdoor Leadership.**



Watch the videos

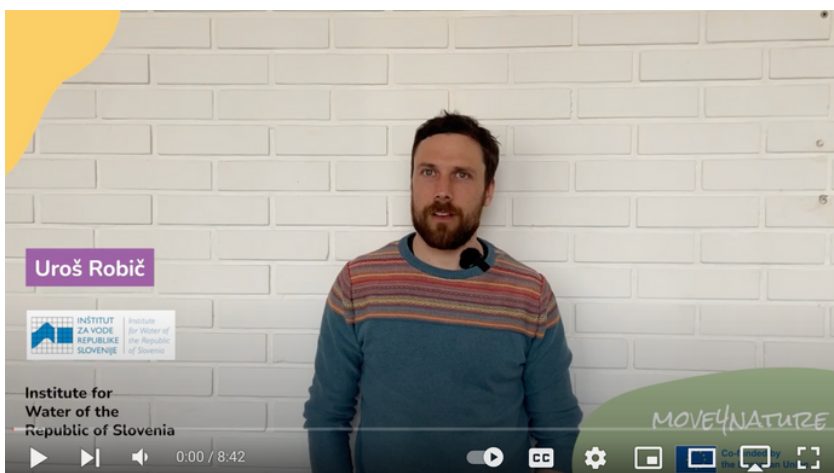


## How to organise a hike



[Watch the video](#)

## How to organise a clean up action



[Watch the video](#)

[www.institut-impact.si/move4nature](http://www.institut-impact.si/move4nature)

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