



Shifting Gears Day Hike Volunteer Roles & Responsibilities

About Shifting Gears

Shifting Gears is a 501(c)(3) non-profit organization based in Bellingham, WA, with a mission to create welcoming recreation experiences that encourage confidence, wellness, growth, and joy for all women. Striving to empower all women, our programs focus on breaking down barriers that stand in the way between a person and their outdoor aspirations.

About Shifting Gears' Day Hike Program

Our Day Hikes are designed to make individuals feel comfortable and empowered on hiking trails. We are here to adventure together, work through challenges, and celebrate every one of us for taking a chance to set out on an adventure together. We spend all day at a casual pace, taking breaks when needed, taking in the sights, and supporting each other. Learn more about our Day Hikes on our [website](#).

Day Hikes are held one weekend day a month from May through October. Hikes are typically all day (7am-5pm), depending on the hike. Each hike is a maximum of 11 individuals, with one trip leader and support volunteer.

Responsibilities:

Shifting Gears Volunteers will support fun, inclusive, safe day hikes in Washington. As a Volunteer, your role involves supporting the Trip Leader, ensuring the group stays together, creating a fun and positive environment, and supporting participants. Day hike volunteers ensure the hikes are no-drop and accommodate everyone's hiking pace.

Additionally, the volunteer may be asked to drive separately from the van to have an emergency backup vehicle available. If asked to drive, volunteers will receive travel reimbursement.

Time Commitment

You commit to at least two hikes this season, which are currently scheduled for:

- May 11 - Beginner Hike
- June 30 - Beginner/Moderate Hike
- July 21 - Moderate Hike
- August 11 - Moderate/Hard Hike
- September 7 - Hard Hike
- October 12 - Hard Hike

Attendance at the Day Hike Volunteer Training is mandatory, the exact date is TBD.

Qualifications:

- Have participated in a Shifting Gears day hike
- Commitment to the Shifting Gears mission and values.
- Ability to hike at the same skill level as your group

- Passionate about outdoor recreation and fostering a welcoming environment for all women!
- Knowledge of first aid is a plus!

How to Apply:

Complete this [Volunteer Application](#) by **March 15, 2024**

Thank you for wanting to support our community! If you have any questions, please contact our executive director, Krys Keller, at krysy@letsshiftgears.com.