



HIKING TRIP PLAN



Hiker Information

Name: _____
 Gender: _____ Age: _____
 Phone#: _____
 Address: _____
 City: _____ State: _____

Backpack Description: _____
 Emergency Contact: _____

Trip Plan

Departure Time: _____
 Trailhead: _____
 Estimated Return time: _____
 Terminus: _____

Trip Description: _____

Vehicle Description

Year: _____ Make: _____
 Model: _____ Color: _____
 License Plate: _____
 Parking Location: _____

Additional Hikers(s) Information

Name: _____
 Gender: _____ Age: _____
 Phone#: _____
 Backpack Description _____

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Hiking Checklist

Essential

- Daypack (≤40L)
- Water Bottle or Reservoir
- First Aid Kit
- Snacks
- Knife/Multi-tool
- Lighter/Matches
- Spare Insulated Jacket
- Headlamp
- Map & Navigation Aid

Seasonal/As Needed

- Insect Repellent
- Bear Spray
- Winter Traction Devices
- Gloves/Beanie
- Field Guides
- Dry Bag for Trash
- Camera
- Binoculars
- Gaiters

Suggested

- Trekking Poles
- Rain Jacket
- Hat
- Sunglasses
- Sunscreen
- Bathroom Kit
- Water Filter
- Satellite Messenger

Avoid

- Cotton Clothing
- Valuables/Jewelry
- Too much of anything

Things to Remember

- Leave a trip plan
- Know your limits
- Don't rely on cell service
- HAVE FUN!

