

TRIP-PLANNING CHECKLIST

- Finalize location: start and finish trailheads
- Finalize trip dates
- Acquire necessary permits and park passes
- Book transportation (airfare, ground transportation)
- Book pre- and post-trip lodging
- Coordinate with hiking partners
- Research likely route conditions
- Create itinerary
- Acquire navigational tools (maps, GPS tracks, data books, etc.)
- Develop and follow a physical training plan
- Make a gear list
- Inventory current gear, make repairs if necessary
- Acquire any gear items still needed
- Assemble first-aid kit
- Create a resupply plan
- Calculate food needs
- Purchase and package shelf-stable food
- Buy perishable food (a day before leaving)
- Leave a copy of itinerary and resupply information with emergency contact/point person
- Load map files to GPS unit or smartphone for offline use
- Set compass declination for the area where you're traveling
- Top off charge for all electronics, including battery backups
- Print permits
- Set up things on the homefront: arrange for house/pet/plant sitter, set bills to auto-pay, set email autoresponder, put mail on hold



Trip-Planning Checklist from *Adventure Ready: A Hiker's Guide to Planning, Training, and Resiliency* by Katie Gerber and Heather Anderson. Available at your local bookstore or online at mountaineersbooks.org