

# Trail Day Planning Checklist

## Trail Name & Location

## Hiking Buddy

## Packing Checklist

*(adapted from the Ten Essentials, a list of trail must-haves developed by the Seattle-based hiking group, The Mountaineers, and updated over the years)*

Depending on the length, intensity, and location of the trail, adapt the following list to best fit your needs. Err on the side of caution if you're unsure of what to bring.

- ▣ Navigation: Compass, map, and/or GPS
- ▣ Hydration: An average adult should drink two liters of water every hour on the trail
- ▣ Nutrition: Bring plenty of nutritious, energy-packed trail snacks (and carry extra in-case of delay)
- ▣ Rain Gear & Insulation: At the minimum, tuck a foldable rain jacket and an extra layer into your pack
- ▣ Firestarter: Waterproof matches or a lighter
- ▣ First Aid Kit
- ▣ Tools: Multi-tool or pocket knife and any tools needed to repair essential gear
- ▣ Illumination: Flashlight or headlamp and extra batteries
- ▣ Sun Protection: Sunscreen, sunglasses, and/or a hat
- ▣ Shelter: Space blanket or emergency tarp

**DRESS APPROPRIATELY FOR THE WEATHER AND YOUR INTENDED TRAIL EXPERIENCE.**

## Paddling

- ▣ PFD & Whistle
- ▣ Dry Bag
- ▣ Towline
- ▣ Waterproof phone case & maps

## Equestrian/Trail Riding

- ▣ Health Papers/Negative Coggins Test
- ▣ Bucket for Water/Food for Horses
- ▣ Hoof Pick
- ▣ Rope/Cord/Lead Line

## Mountain Biking

- ▣ Eye Protection
- ▣ Gloves
- ▣ Tire Patch Kit
- ▣ Chain Tool
- ▣ Water Bottle/Cage

