MEAL PLANNER

DAY #1
Breakfast_____
_____
Lunch_____
_____
Trail Snacks_____
_____
Dinner_____
_____

DAY #2
Breakfast_____
_____q_____
Lunch_____
_____
Trail Snacks_____
_____
Dinner_____
_____

DAY #3
Breakfast_____
_____
Lunch_____
_____
Trail Snacks_____

_____
Dinner_____
_____

Day #4
Breakfast_____
_____
Lunch_____
_____
Trail Snacks_____
_____
Dinner_____
_____

ITINERARY

DAY #1
Depart From:_____
Trail In:_____
Camp Location:_____
_____
Trail Out_____

DAY #2
Depart From:_____
Trail In:_____
Camp Location:_____
_____
Trail Out_____

Day #3
Depart From:_____
Trail In:_____
Camp Location:_____
_____
Trail Out_____

DAY #4
Depart From:_____
Trail In:_____
Camp Location:_____
_____
Trail Out_____

TRIP PLANNER & CHECKLIST

TRIP:_____

_____

Date: From_____ To_____

Area:_____

Car: Make_____ Lic. #_____

Group Leader:_____

Party Members #_____ Beg Int. Adv.

_____ ____ ____ ____

_____ ____ ____ ____

_____ ____ ____ ____

_____ ____ ____ ____

_____ ____ ____ ____

_____ ____ ____ ____

EMERGENCY CONTACT

Name:_____

Address:_____

_____

Phone:_____

SHELTERS/SLEEPING GEAR

_____ Tent & Ground Cloth/Footprint
_____ Sleeping Bag
_____ Sleeping Pad
_____ Sleeping Bag Liner*
_____ Balaclava
_____ Bivi Sack*
_____ Backpack/Pack Cover
_____ Daypack/Fanny Pack*
_____ Tarp*

KITCHEN

_____ Stove/Fuel
_____ Matches/Lighter
_____ Fire Starters
_____ Lantern/Candles
_____ Kitchen Kit/Utensil Kit
_____ Cook Kit
_____ Bandanas/Gloves
_____ Cup, Bowl & Eating Utensils
_____ Critter/Bear Bagging System
_____ Water Bottles/Water Filter
_____ Water Bottle Insulator*
_____ Biodegradable Soap
_____ Sponge/Scouring Pad
_____ Garbage/Trash Bags
_____ Storage Bags/Extra Gallon Ziploc Bags

PERSONAL

_____ Medications
_____ Toilet Paper/Sanitary Supplies
_____ Trowel
_____ Toothbrush/Paste
_____ Pack Towel/Bandanas
_____ Sunscreen/Lip Protection
_____ Insect Repellant
_____ Hiking Poles*

ESSENTIALS

_____ Extra Clothing
_____ Extra Food
_____ Sun/Glacier Glasses
_____ Knife
_____ Fire Starters
_____ Matches
_____ Headlamp/Extra Batteries
_____ Map/Compass
_____ Whistle
_____ First Aid Kit/Knowledge

MISCELLANEOUS

_____ Equipment Repair Kit
_____ 50’ Nylon Rope
_____ Watch
_____ Mirror
_____ Sewing Kit
_____ Camera/Extra Batteries*
_____ Guide Book

CLOTHING

_____ Synthetic Wicking Long Underwear
_____ Synthetic Wicking Underwear
_____ Synthetic Wicking Sock Liners
_____ Wool Socks
_____ Long Pants
_____ Shorts
_____ Long Sleeve Shirt
_____ Fleece Top/Sweater
_____ Vest Fleece/Wool
_____ Rain Gear Waterproof/Breathable
_____ Balaclava
_____ Hat w/Brim
_____ Gloves/Mittens
_____ Camp Footwear*
_____ Bandanas

WINTER

_____ Skis/Poles/Boots
_____ Snowshoes/Poles
_____ Snow Shovel
_____ Crampons/Walking or Climbing
_____ Ice Axe
_____ Carabineers
_____ Rope
_____ Harness
_____ Sled
_____ Parka Shell System
_____ Goggles
_____ Hand/Foot Warmers
_____ Gaiters
_____ Over Boots
_____ Double Boots (Hard-shell)
_____ Snow Brush

OPTIONAL ACCESSORIES

_____ Binoculars
_____ Thermometer
_____ Altimeter
_____ Swim Suit
_____ Pillow
_____ Sit Pad
_____ Hammock
_____ Cards
_____ Pedometer
_____ Candle Lantern
_____ Water Bag
_____ All Weather Blanket
_____ GPS
_____ Saw
_____ _____
_____ _____
_____ _____

This checklist is meant to be used as a guide in developing one to fit your own needs. * = Optional essentials depending on type of trip you are going on.