



Trip Planning Essentials

Pre-Trip Checklist

Passport & Visas:	Ensure your passport is valid for at least six months beyond your travel dates. Check visa requirements for your destination.
Travel Insurance:	Purchase comprehensive travel insurance covering medical emergencies, trip cancellations, and lost luggage.
Vaccinations & Health:	Consult your doctor regarding necessary vaccinations and health precautions for your destination.
Itinerary & Bookings:	Create a detailed itinerary and book flights, accommodations, and tours in advance, especially during peak season.
Currency & Banking:	Exchange currency or notify your bank of your travel plans to avoid card issues abroad.
Emergency Contacts:	Share your itinerary and emergency contact information with family or friends.

Budgeting Tips

- **Track Expenses:** Use a budgeting app or spreadsheet to monitor your spending.
- **Set Daily Limits:** Allocate a specific amount for daily expenses to stay within budget.
- **Look for Deals:** Research discounts on accommodations, activities, and transportation.
- **Cook Your Own Meals:** Save money by preparing some of your own meals, especially for longer trips.
- **Free Activities:** Take advantage of free activities like hiking, visiting parks, and exploring local markets.

Packing Smart

Clothing:	Pack versatile clothing items that can be mixed and matched. Consider the climate and activities planned.
Footwear:	Choose comfortable and appropriate footwear for walking, hiking, or other outdoor activities.
Toiletries:	Bring travel-sized toiletries to save space and weight. Consider solid toiletries to avoid spills.
Electronics:	Pack essential electronics like your phone, camera, and chargers. Consider a portable power bank for outdoor adventures.
First-Aid Kit:	Include a basic first-aid kit with essentials like bandages, antiseptic wipes, pain relievers, and any personal medications.
Documents:	Keep copies of important documents like your passport, visa, and travel insurance in a separate location.

Outdoor Activities & Safety

Hiking Essentials

Navigation:	Carry a map and compass, and know how to use them. Consider a GPS device or smartphone with offline maps.
Sun Protection:	Wear sunscreen, sunglasses, and a hat to protect yourself from the sun.
Insulation:	Dress in layers to regulate your body temperature. Pack extra clothing for unexpected weather changes.
Illumination:	Carry a headlamp or flashlight with extra batteries.
First-Aid Supplies:	Bring a comprehensive first-aid kit with supplies for treating common hiking injuries.
Fire:	Carry waterproof matches or a lighter and a fire starter for emergency situations.
Repair Kit and Tools:	Knife or multi-tool, duct tape, cordage
Nutrition:	Pack high-energy snacks and enough food for your hike.
Hydration:	Carry plenty of water and a water filter or purification tablets.

Camping Safety Tips

- **Choose a Safe Campsite:** Select a level campsite away from hazards like dead trees, cliffs, and water sources.
- **Set Up Your Tent Properly:** Ensure your tent is securely anchored and properly sealed to protect against weather and insects.
- **Store Food Safely:** Keep food in airtight containers and store it away from your tent to avoid attracting animals.
- **Build a Safe Campfire:** Clear a 10-foot radius around the campfire, never leave it unattended, and extinguish it completely before leaving or going to sleep.
- **Be Aware of Wildlife:** Know the local wildlife and take precautions to avoid encounters. Store food and trash properly, and never feed wild animals.

Water Safety

Swimming:	Swim only in designated areas with lifeguards present. Never swim alone or under the influence of alcohol or drugs.
Boating:	Wear a life jacket at all times when boating. Follow boating safety rules and regulations.
Kayaking & Canoeing:	Take a paddling safety course and wear a life jacket. Be aware of weather conditions and water currents.
Water Purification:	Always purify water from natural sources before drinking. Use a water filter, purification tablets, or boil water for at least one minute.
River Crossing:	Scout for a safe crossing point, unbuckle your pack, and use a hiking pole for balance. Never cross a river during high water.

Gear & Equipment

Essential Gear Checklist

Backpack:	Choose a backpack with appropriate size and features for your trip. Consider factors like weight, comfort, and capacity.
Tent:	Select a tent that is suitable for the climate and number of people. Consider factors like weight, durability, and weather resistance.
Sleeping Bag:	Choose a sleeping bag with a temperature rating appropriate for the expected conditions. Consider factors like weight, insulation, and comfort.
Cooking Gear:	Pack a stove, cookware, utensils, and fuel for preparing meals. Consider factors like weight, efficiency, and ease of use.
Navigation Tools:	Include a map, compass, and GPS device for navigating in the outdoors. Learn how to use these tools effectively.
Lighting:	Carry a headlamp or flashlight with extra batteries for navigating in the dark. Consider a lantern for campsite illumination.
First-Aid Kit:	Pack a comprehensive first-aid kit with supplies for treating common injuries and illnesses.
Water Filter/Purifier:	Essential for obtaining safe drinking water from natural sources.

Outdoor Ethics & Etiquette

Leave No Trace Principles

1. Plan Ahead and Prepare:	Know the regulations and special concerns for the area you'll visit.
2. Travel and Camp on Durable Surfaces:	Use established trails and campsites.
3. Dispose of Waste Properly:	Pack out everything you pack in. Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp, and trails.
4. Leave What You Find:	Preserve the past: examine, but do not touch, cultural or historical structures and artifacts.
5. Minimize Campfire Impacts:	Use a lightweight stove for cooking and enjoy candlelight instead of a campfire.
6. Respect Wildlife:	Observe wildlife from a distance. Never feed wild animals.
7. Be Considerate of Other Visitors:	Respect other visitors and protect the quality of their experience.

Clothing Recommendations

• Base Layers:	Wear moisture-wicking base layers to keep your skin dry and comfortable.
• Insulating Layers:	Pack insulating layers like fleece or down jackets to retain body heat.
• Outer Layers:	Bring a waterproof and windproof outer shell to protect against the elements.
• Hiking Pants/Shorts:	Choose durable and comfortable hiking pants or shorts.
• Socks:	Wear moisture-wicking socks to prevent blisters and keep your feet dry.
• Hat and Gloves:	Pack a hat and gloves for warmth in cold weather.

Gear Maintenance

Tent Care:	Clean and dry your tent after each use to prevent mold and mildew. Store it loosely in a dry place.
Sleeping Bag Care:	Air out your sleeping bag after each use and store it uncompressed in a large storage sack.
Boot Care:	Clean and waterproof your hiking boots regularly to maintain their performance and extend their lifespan.
Stove Care:	Clean your camping stove regularly to ensure proper functioning and prevent fuel leaks.
Water Filter Care:	Backflush your water filter after each use and replace the filter cartridge as needed.

Trail Etiquette

Yield to Uphill Traffic:	Hikers going uphill have the right-of-way.
Stay on the Trail:	Avoid cutting switchbacks or creating new trails.
Pack Out Your Trash:	Leave the trail cleaner than you found it.
Control Your Pets:	Keep your pets on a leash and clean up after them.
Be Respectful of Others:	Keep noise levels down and be mindful of other hikers' experiences.
Announce your presence:	When approaching other hikers from behind

Respecting Local Cultures

• Learn About Local Customs:	Research and respect the customs and traditions of the places you visit.
• Dress Appropriately:	Dress modestly and respectfully in culturally sensitive areas.
• Ask for Permission:	Seek permission before taking photos of people or entering private property.
• Support Local Businesses:	Patronize local businesses and restaurants to support the local economy.
• Be Open-Minded:	Be open to new experiences and perspectives, and avoid making judgments based on your own cultural biases.