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| **MEAL PLANNER** | | **ITINERARY** | | **TRIP PLANNER & CHECKLIST** |
|  | |  | |  |
| **DAY #1** | | **DAY #1** | | **TRIP:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Breakfast\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Depart From:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |  |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Trail In:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Lunch\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Camp Location:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |  |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Date: From\_\_\_\_\_\_\_\_\_\_\_ To\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | |
| Trail Snacks\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Trail Out\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |  | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | | Area:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | |
| Dinner\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | |  |  | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | | Car: Make\_\_\_\_\_\_\_\_\_\_\_\_ Lic. #\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **DAY #2** | | **DAY #2** | |  |
| Breakfast\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Depart From:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Group Leader:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_q\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Trail In:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |
| Lunch\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Camp Location:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Party Members #\_\_\_\_\_ Beg Int. Adv. |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |
| Trail Snacks\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Trail Out\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | |  |
| Dinner\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | |  |
| **DAY #3** | | **Day #3** | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ |
| Breakfast\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Depart From:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Trail In:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ |
| Lunch\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Camp Location:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ |
| Trail Snacks\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Trail Out\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_ | |
| Dinner\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | |  | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | | **EMERGENCY CONTACT** | |
| **Day #4** | **DAY #4** | |  | |
| Breakfast\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Depart From:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Trail In:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | |
| Lunch\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Camp Location:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | |
| Trail Snacks\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Trail Out\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | |  | |
| Dinner\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | | Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | |  | |

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| **SHELTERS/SLEEPING GEAR** | **ESSENTIALS** | **WINTER** |
| \_\_\_\_\_ Tent & Ground Cloth/Footprint | \_\_\_\_\_ Extra Clothing | \_\_\_\_\_ Skis/Poles/Boots |
| \_\_\_\_\_ Sleeping Bag | \_\_\_\_\_ Extra Food | \_\_\_\_\_ Snowshoes/Poles |
| \_\_\_\_\_ Sleeping Pad | \_\_\_\_\_ Sun/Glacier Glasses | \_\_\_\_\_ Snow Shovel |
| \_\_\_\_\_ Sleeping Bag Liner\* | \_\_\_\_\_ Knife | \_\_\_\_\_ Crampons/Walking or Climbing |
| \_\_\_\_\_ Balaclava | \_\_\_\_\_ Fire Starters | \_\_\_\_\_ Ice Axe |
| \_\_\_\_\_ Bivi Sack\* | \_\_\_\_\_ Matches | \_\_\_\_\_ Carabineers |
| \_\_\_\_\_ Backpack/Pack Cover | \_\_\_\_\_ Headlamp/Extra Batteries | \_\_\_\_\_ Rope |
| \_\_\_\_\_ Daypack/Fanny Pack\* | \_\_\_\_\_ Map/Compass | \_\_\_\_\_ Harness |
| \_\_\_\_\_ Tarp\* | \_\_\_\_\_ Whistle | \_\_\_\_\_ Sled |
| **KITCHEN** | \_\_\_\_\_ First Aid Kit/Knowledge | \_\_\_\_\_ Parka Shell System |
| \_\_\_\_\_ Stove/Fuel | **MISCELLANEOUS** | \_\_\_\_\_ Goggles |
| \_\_\_\_\_ Matches/Lighter | \_\_\_\_\_ Equipment Repair Kit | \_\_\_\_\_ Hand/Foot Warmers |
| \_\_\_\_\_ Fire Starters | \_\_\_\_\_ 50’ Nylon Rope | \_\_\_\_\_ Gaiters |
| \_\_\_\_\_ Lantern/Candles | \_\_\_\_\_ Watch | \_\_\_\_\_ Over Boots |
| \_\_\_\_\_ Kitchen Kit/Utensil Kit | \_\_\_\_\_ Mirror | \_\_\_\_\_ Double Boots (Hard-shell) |
| \_\_\_\_\_ Cook Kit | \_\_\_\_\_ Sewing Kit | \_\_\_\_\_ Snow Brush |
| \_\_\_\_\_ Bandanas/Gloves | \_\_\_\_\_ Camera/Extra Batteries\* | **OPTIONAL ACCESSORIES** |
| \_\_\_\_\_ Cup, Bowl & Eating Utensils | \_\_\_\_\_ Guide Book | \_\_\_\_\_ Binoculars |
| \_\_\_\_\_ Critter/Bear Bagging System | **CLOTHING** | \_\_\_\_\_ Thermometer |
| \_\_\_\_\_ Water Bottles/Water Filter | \_\_\_\_\_ Synthetic Wicking Long Underwear | \_\_\_\_\_ Altimeter |
| \_\_\_\_\_ Water Bottle Insulator\* | \_\_\_\_\_ Synthetic Wicking Underwear | \_\_\_\_\_ Swim Suit |
| \_\_\_\_\_ Biodegradable Soap | \_\_\_\_\_ Synthetic Wicking Sock Liners | \_\_\_\_\_ Pillow |
| \_\_\_\_\_ Sponge/Scouring Pad | \_\_\_\_\_ Wool Socks | \_\_\_\_\_ Sit Pad |
| \_\_\_\_\_ Garbage/Trash Bags | \_\_\_\_\_ Long Pants | \_\_\_\_\_ Hammock |
| \_\_\_\_\_ Storage Bags/Extra Gallon Ziploc Bags | \_\_\_\_\_ Shorts | \_\_\_\_\_ Cards |
| **PERSONAL** | \_\_\_\_\_ Long Sleeve Shirt | \_\_\_\_\_ Pedometer |
| \_\_\_\_\_ Medications | \_\_\_\_\_ Fleece Top/Sweater | \_\_\_\_\_ Candle Lantern |
| \_\_\_\_\_ Toilet Paper/Sanitary Supplies | \_\_\_\_\_ Vest Fleece/Wool | \_\_\_\_\_ Water Bag |
| \_\_\_\_\_ Trowel | \_\_\_\_\_ Rain Gear Waterproof/Breathable | \_\_\_\_\_ All Weather Blanket |
| \_\_\_\_\_ Toothbrush/Paste | \_\_\_\_\_ Balaclava | \_\_\_\_\_ GPS |
| \_\_\_\_\_ Pack Towel/Bandanas | \_\_\_\_\_ Hat w/Brim | \_\_\_\_\_ Saw |
| \_\_\_\_\_ Sunscreen/Lip Protection | \_\_\_\_\_ Gloves/Mittens | \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| \_\_\_\_\_ Insect Repellant | \_\_\_\_\_ Camp Footwear\* | \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| \_\_\_\_\_ Hiking Poles\* | \_\_\_\_\_ Bandanas | \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**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.**