

Multi-Day Trip Planning Checklist

Explore More. Pack Smarter.

How to use: Work through the checklist before your trip, then do a final check the night before you leave.

WEEKS BEFORE

- Choose a short, well-documented route that matches your experience.
- Check permit and reservation requirements directly with the relevant authority.
- Review the weather window for the full trip and consider a backup plan.
- Check route conditions, closures, fire restrictions, and local advisories.
- Create a rough daily itinerary, including planned camp locations.
- Share your route, itinerary, expected return date, and emergency contact information with someone not joining the trip.

DAYS BEFORE

- Plan food for the entire trip, including some extra in case of delays.
- Plan water based on reliable sources and how you'll filter or treat water along the route.
- Test your tent or other shelter before departure.
- Test your cooking system, cookware, and fuel.
- Check your sleeping bag or quilt and sleeping pad for the expected conditions.
- Review your navigation setup, including offline maps or a physical map if appropriate.
- Check first-aid, emergency, and communication supplies.

NIGHT BEFORE

- Do a final full pack-through using your complete gear list.
- Review your itinerary and planned camp locations one more time.
- Check the latest weather and trail conditions.
- Confirm permits and reservations.
- Share your final route and expected return time with your emergency contact.
- Charge your phone, GPS, headlamp, and other rechargeable electronics.

GEAR CHECK

- Backpack
- Shelter
- Sleep system
- Cooking system
- Water treatment
- Navigation
- First aid
- Clothing layers
- Food
- Water
- Emergency supplies

TRIP NOTES

Route / Trail: _____

Start Date: _____ Return Date: _____

Emergency Contact: _____

Permit / Reservation: _____

Final reminder: Conditions can change. Recheck weather, route conditions, closures, and your exit options before departure.