

TRAIL

TRAIL READY

Pre-Hike Checklist

(Because readiness starts before the trailhead.)

- Emergency readiness.** First-aid kit, identification, whistle, and emergency contact info.
- Communication plan.** Tell someone your route, carry walkie-talkies, and confirm your return time.
- Appropriate gear.** Footwear, layers, and weather-specific protection.
- Environmental respect.** Follow *Leave No Trace*; pack out everything.
- Final review.** Re-check yours 10 Pillars of Hiking card before leaving home.

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Pre-Hike Checklist

(Because readiness starts before the trailhead.)

- Check conditions.** Review the forecast, trail advisories, and closure notices for your area.
- Start early – avoid peak conditions.** Plan to finish before the hottest, coldest, or darkest part of the day.
- Hydration plan.** Bring at least 1 liter of water per person per hour in exposed terrain.
- Nutrition.** Pack lightweight, high-energy food to sustain pace.
- Navigation tools.** Map, compass, GPS, or charged phone with offline map

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