

A Plan For Planning

Go for a walk in - The Valley / El Valle



WHERE we goin'



WHO'S all goin'



WHEN we goin'



HOW FAR? miles



PERMITS/RESOS?



WEATHER



CLOTHES



WATER



**EQUIPMENT
Special?**



FOOD

Dietary restrictions/preferences

**PACK IT UP!
You're Ready!**



A Plan For Planning



Where
we goin'

Who's
all goin'

When
we goin'

Permit/Passes/Resos?
yes/no - where to get?

Water
pack it / pump it?
always bring 2 options
where to find it?

Clothes
see checklist

Equipment
see checklist
Special?

Food
dietary restrictions?
GF/dairy free/veg/
vegan/other preferences



PACK IT UP! You're Ready!

Checklists

Equipment

A starting point for your trek

- | | |
|---|--|
| <input type="checkbox"/> backpack | <input type="checkbox"/> water pump/filter 1 |
| <input type="checkbox"/> backpack rain cover | <input type="checkbox"/> water pump/filter 2 |
| <input type="checkbox"/> tent | <input type="checkbox"/> water bottle(s) |
| <input type="checkbox"/> sleeping pad | <input type="checkbox"/> hiking poles |
| <input type="checkbox"/> sleeping bag | <input type="checkbox"/> camp/pocket knife |
| <input type="checkbox"/> head lamp | <input type="checkbox"/> toiletries |
| <input type="checkbox"/> head lamp batteries | <input type="checkbox"/> toilet paper |
| <input type="checkbox"/> sunscreen | <input type="checkbox"/> nail file |
| <input type="checkbox"/> lip balm (spf 15) | <input type="checkbox"/> nail clippers |
| <input type="checkbox"/> bug spray | <input type="checkbox"/> blister control |
| <input type="checkbox"/> carabiners | <input type="checkbox"/> personal meds |
| <input type="checkbox"/> first-aid kit | <input type="checkbox"/> duct tape |
| <input type="checkbox"/> watch | <input type="checkbox"/> bear spray |
| <input type="checkbox"/> portable phone | <input type="checkbox"/> compass |
| <input type="checkbox"/> charger/cord | <input type="checkbox"/> printed map |
| <input type="checkbox"/> rope/bear canister
for food storage | <input type="checkbox"/> gps app downloaded |

Clothing

Stay comfortable

- | | |
|---|--|
| <input type="checkbox"/> socks | <input type="checkbox"/> hair ties (if needed) |
| <input type="checkbox"/> undies | <input type="checkbox"/> shorts |
| <input type="checkbox"/> sports bra (if needed) | <input type="checkbox"/> pants |
| <input type="checkbox"/> t-shirt/tank | <input type="checkbox"/> belt |
| <input type="checkbox"/> shirt, long sleeve | <input type="checkbox"/> small towel |
| <input type="checkbox"/> midlayer | <input type="checkbox"/> hiking boots |
| <input type="checkbox"/> rain jacket | <input type="checkbox"/> gloves |
| <input type="checkbox"/> warm jacket | <input type="checkbox"/> clean change of
clothes for the car
ride home |
| <input type="checkbox"/> vest | <input type="checkbox"/> other:

_____ |
| <input type="checkbox"/> hat/beanie | |
| <input type="checkbox"/> buff/bandana | |
| <input type="checkbox"/> sunglasses | |

Cooking items

Let's get cooking

- ☐ stove (2+ liter preferred for sharing)
- ☐ pot/pan
- ☐ camping gas
- ☐ lighter/matches
- ☐ camp or pocket knife
- ☐ serving bowls
- ☐ utensils
- ☐ mixing/packing container (try old coffee cans)
- ☐ recipes
- ☐ food storage (bear can or hang bag)
- ☐ FOOD!