



TRAIL LIFE USA®

CHECKLIST FOR PREPARING FOR AN OUTDOOR ADVENTURE

Planning for a camping trip or any other outdoor adventure means that the normal conveniences of home, and potentially even accessibility to needed items left behind are not available.

Developing a checklist, like this sample below, is helpful in planning and being adequately prepared for your adventure. Some of this is common sense, but there is nothing wrong with using this checklist to make sure you have not considered even the simplest things.

It is not necessary to submit this checklist to anyone, it is simply for your benefit. Perhaps you will use this to create your own, if you find it helpful.

This list sets forth suggestions focused to remind you of basic necessities – **depending upon the activity. Use this as a guideline of essentials to ensure you have evaluated all the possibilities given the scenarios and circumstances for which you are preparing and provisioning for your outdoor adventure. The enjoyment of the adventure, and potentially even your safety and those of others may depend upon it!**



Checklist of Items

1. Carrier for Provisions

How you transport your equipment and supplies is vitally important for safety, health, protection and comfort. Particular in one or two easily accessible carriers, especially in the event of an emergency evacuation.

- Backpack
- Large duffel/canvas bag with dual shoulder straps in case it has to be carried for some distance
- Lightweight suitcase
- Wheeled device

2. Water

An obvious necessity for everyone. Know what water sources are available to you in the outdoors – particularly in the event of wilderness or high adventure activities. Plan accordingly and don't hold back preparing for this essential category.

- Water bottle
- Gravity/hand pump water purifier/filter/extra cartridges
- Bottle purifier/filter
- Purification tablets – Chlorine Dioxide/iodine
- Separate containers for dirty and treated water
- Multiple containers depending upon situation
- Bottled water
- Solar or stovetop distillers
- Desalinators for salt water
- Chlorine (5.25% sodium hypochlorite, non-scented only with no additives – 6 drops per gallon)
- Manual pump if near a well
- Water gathering supplies
- plastic tarps/containers/instruction

3. Food

Numerous options are available and proper nutrition is important. Remember, certain foods will require more water and fuel to prepare and impact on the weight of backpacking – are your food selections appropriate to your adventure?

- Bars/trail mix
- Other ready-to-eat simple and compact foods
- **Freeze-dried/dehydrated
- Canned
- MRE's (Meals-Ready-to-Eat)
- Boxed
- Non-perishable basics
- Powdered foods (e.g., milk, eggs, mashed potatoes)
- Commodities – Rice (brown rice has a short shelf life), grains, beans (smaller grains and beans cook quicker with less water), honey
- Ready-to-eat comfort and nutritional foods
- Supplements – vitamins/minerals/ powdered green drinks
- Concentrated energy powders/bars/tablets
- Condiments/seasoning blends



4. Food preparation

If your adventure includes hiking and relocation of campsites, consider lighter weight and efficient equipment.

- Stove – camping/alternative/very portable
- Pots and pans – stainless steel/cast iron/non-stick
- Utensils
- Dutch oven
- Cookware kit
- Grills
- Fuel – propane canisters/butane canisters/white gas/alcohol/solid fuel cubes/charcoal/wood/kerosene/lighter fluid
- Water/food bottle
- Hand operated can opener/opener on knife or multi-tool
- 5 or 6 gallon plastic buckets
- Cleaning supplies
- Chlorine bleach – non-scented
- Plastic bags/containers
- Thermos for “prepare in container” whole and cracked cereals. Add about a 1:1 ratio of boiling water and cereal – close container – let sit a few hours or overnight.
- Knife sharpener
- “Package-your-own” equipment and supplies
- Solar oven and cookware
- Manual grain mills/grinders/juicers/mixers/beaters
- Sprouting equipment – portable and/or stationary/sprouting jars
- Canning equipment if appropriate
- Twist-ties
- Corkscrew
- Paper plates/bowls/cups/towels
- Aluminum foil

5. Fire Starter – Matches

Be prepared for any situation and the possible need to start a fire, especially if weather conditions are severe.

- Flint/magnesium starters
- Waterproof tinder/very fine steel wool
- Windproof high quality lighters
- Matches in a waterproof container

6. Medical

When your health and survival during a medical emergency is at stake, you don't want to rely on cheap or inadequate medical supplies. This is an important category to thoughtfully evaluate. Don't forget medications or products needed for those with special medical conditions. Professional level supplies can be essential. Know how to use them.

- Quality kit with adequate components for a multitude of emergencies
- Accessories – dental emergencies/suture kit/snake-bite kit
- Syrup of ipecac (to induce vomiting if poisoned)
- Essential prescription medications/allergy medications
- First Aid manual
- Insect repellent
- Sunscreen
- Eyeglasses/contacts
- Copies of prescriptions
- Moleskin/blister pads
- Aspirin/Tylenol/ibuprofen/other over-the-counter drugs for minor issues
- Potassium Iodate (Iodate is recommended over Iodide)
- Isopropyl alcohol/rubbing alcohol
- Anti-itch salve



7. Personal Hygiene – Sanitary Supplies

Depending on individual circumstances and your location, it is vital to prevent any problems that might arise from unsanitary conditions. Take precautions to ensure a disease-free environment. The length of an emergency and living/camping conditions require different approaches to personal hygiene.

- | | | |
|--|---|---|
| <input type="checkbox"/> Personal hygiene items:
soap/toothbrush/toothpaste/s
hampoo | <input type="checkbox"/> Latex gloves | <input type="checkbox"/> Kleenex |
| <input type="checkbox"/> Treated towelettes/ waterless
wipes | <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> Nail clippers |
| <input type="checkbox"/> Plastic bags | <input type="checkbox"/> Towels | <input type="checkbox"/> Lime/disinfectant |
| | <input type="checkbox"/> Solar shower | <input type="checkbox"/> Biodegradable soap |
| | <input type="checkbox"/> Anti-bacterial sanitizer | |
| | <input type="checkbox"/> All purpose soap | |

8. Clothing

For warmth, comfort, and protection from insects and the elements.

- | | |
|--|--|
| <input type="checkbox"/> Proper and adequate clothing for the appropriate
season and location | <input type="checkbox"/> Cold weather gear – layered clothing/thermal
underwear |
| <input type="checkbox"/> Appropriate shoes/industrial quality boots/snow
shoes | <input type="checkbox"/> Hat/gloves/bandana |
| <input type="checkbox"/> Rain gear | <input type="checkbox"/> Extra stuff sacks |
| | <input type="checkbox"/> Insect head net |
| | <input type="checkbox"/> Belts – regular/military type with small pouches |

9. Shelter – Warmth

For protection from insects and the elements, warmth, sleeping, comfort, privacy.

- | | |
|---|---|
| <input type="checkbox"/> Tarps | <input type="checkbox"/> Hand/body warmers |
| <input type="checkbox"/> Plastic sheeting/large plastic trash bags | <input type="checkbox"/> Sleeping pad/cot/air mattress |
| <input type="checkbox"/> Tent – *tube*/lightweight/regular | <input type="checkbox"/> Hammock |
| <input type="checkbox"/> Nylon patch repair kit/seam sealer | <input type="checkbox"/> Emergency/regular blankets |
| <input type="checkbox"/> Sleeping bag – *emergency*/lightweight/*bivy bag
(small individual size tent/bag)/compact
lightweight/regular down bag | <input type="checkbox"/> Sheets |
| | <input type="checkbox"/> Insect netting |
| | <input type="checkbox"/> Extra stakes/rope/bungee cords |

10. Communication

It is essential to be informed in the event of an emergency, and to be able to communicate with friends, family, and appropriate governmental agencies and emergency organizations in the event you find yourself in an emergency situation. When in an outdoor environment, unsettled weather considerations necessitate weather alert radios. Avoid a sense of isolation during serious emergencies.

- | | | |
|---|---|---|
| <input type="checkbox"/> Radios – hand
cranked/solar/batteries | <input type="checkbox"/> Whistle | <input type="checkbox"/> PLB (personal locator
beacon) |
| <input type="checkbox"/> Two-way radios | <input type="checkbox"/> Signaling
devices/flares/mirror | <input type="checkbox"/> Morse code chart |
| <input type="checkbox"/> Cell phones/smart
phones/chargers | <input type="checkbox"/> Notebook/pen/markers | |



11. Lighting

This is an essential category to address when anticipating any situation where you may be in darkness. Not only for a sense of security and comfort, but to be able to see clearly and act accordingly if emergencies happen in the dark.

- Flashlight – hand cranked/solar/batteries/LED and regular bulbs
- Lantern (small or large size) – hand cranked/solar/batteries/propane/mantel/candle/LED and regular bulbs
- Strobe light
- Head lamp
- Extra batteries/power source
- Candles
- Extra mantels/extra propane canisters
- Light sticks

12. Tools – Instruments – Accessories

Numerous unforeseen situations or just routine conditions occur during an emergency or during an outdoor adventure. Be prepared and secure with the proper quality tools appropriate to your activity.

- Knife/knives
- Multi-tool
- Repair tools – hammer/screwdrivers/pliers/wire cutters
- Axe (small or large)/saw
- Rope/bungee cords/straps
- Small shovel/entrenching tool
- Fishing/hunting/trapping gear
- Duct tape/nylon repair tape
- Plastic bags/trash bags/plastic sheeting
- Aluminum foil
- Sewing and repair supplies
- Velcro
- Safety goggles
- Weather condition instruments
- Watch – regular/multi-featured
- Binoculars
- Stuff bags for organizing
- Scissors
- Small broom/rake
- Buckets
- Files
- Clothes pins
- Dust/gas masks
- Hand pump
- Auto/bicycle/boat emergency items (keep in vehicle)

13. Emergency Instructions – Guidance – Support – Back up – Personal Documents

Important and accurate information can not only be helpful it can be life saving. Researching reliable and trustworthy information sources is a vital component to preparedness and outdoor survival planning. Establishing family communication and reunion plans is also essential for security and peace of mind. Certain documents should always be available.

- Bible/books (including Trailman Handbook)
- Morale builders – personal items that help children and adults cope in stressful situations
- Medical information
- Emergency contact information
- Emergency/survival information
- Maps
- Pen/magic marker/paper
- Compass
- Edible wild foods publications/field guides
- Essential personal documents – photo ID/medical forms – IN WATERPROOF CONTAINER
- Phone numbers and addresses of friends, relatives, and emergency organizations/agencies
- Spare automobile and trailer lock keys
- Emergency plan, with instructions on meeting and/or communicating in the event of an emergency
- Dual language dictionary if appropriate



14. Special Needs

This category must not be overlooked if you or other participants have special needs and require individual attention.

- Personal items specifically required by special-needs individuals
- Medical items and prescriptions – consider having an adequate supply on hand in the event of a unforeseen and prolonged emergency
- Special foods or other items

15. Transportation Support

An often overlooked category, specific transportation support must be assessed especially for outdoor activities where the transportation devices are critical. Evaluate these options, determine which ones you will utilize, determine what you will need to ensure safety, comfort, repair potential, and adequacy to handle the transportation of your provisions.

- Motor vehicle – car/truck/van/repair and emergency equipment/trailer
- Bicycle – repair parts/tire pump
- Boat – motorized/sail/canoe/kayak/paddle/inflatable/folding
- Wagon/garden cart – for manual needs

Use this comprehensive list as a guide to assess and organize what you already have and carefully determine what you will need to make your adventure fun, safe and a positive experience for all.

