

## Plan Ahead and Prepare

### Leave No Trace Trip Planning

**What are you doing (hiking, backpacking, camping, etc)?** \_\_\_\_\_

**When are you going?** Date(s): \_\_\_\_\_ Time(s): \_\_\_\_\_

**Where are you going (type of place and address)?** \_\_\_\_\_

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**What is the weather expected to be (will there be storms, wind, no cloud cover at all, etc)?**

Temps – Highs: \_\_\_\_\_ // Lows: \_\_\_\_\_ Expected Weather: Sunny // Overcast // Windy // Rainy // Other: \_\_\_\_\_

Notes: \_\_\_\_\_

*Dig a little deeper* – Look at past weather forecasts for the same time of year and see if there is a pattern of (sometimes unexpected) weather that might affect your trip. Think about some extra things you can pack that will make any unexpected situation workable.

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**Dos and Don'ts: does the location have a list of restricted items you're not allowed to bring?**

No // Yes (what are they): \_\_\_\_\_

*Dig a little deeper* – if you were planning on bringing a restricted item, what adjustments can you make to still be able to bring it, what can you bring instead, or should you just leave it at home?

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**Check In & Out: what are the expectations for guests that have been communicated by the location?**

Check In Time: \_\_\_\_\_ Check Out Time: \_\_\_\_\_ Fee? \_\_\_\_\_

Notes (Fee per vehicle? Speed limit to follow? Specific person to check in with?: \_\_\_\_\_

*Dig a little deeper* – What is the contact information and method for communicating with the location (in case of lateness or an emergency?)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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### Be Prepared!

What supplies do you need to bring with you when you go?

Girl Scouts suggests bringing your “Eight Essentials” with you go on any day trip (more than 2 or so hours) **for each person**. These can all be packed in a backpack with wide straps (no string straps) or worn:

- |                                       |  |
|---------------------------------------|--|
| 1. Sunscreen (for re applying)        | 4. Poncho or Rain coat (umbrellas are not recommended) |
| 2. Insect Repellent (for re applying) |  |
| 3. Lip balm (for re applying)         | 5. Light or medium weight jacket or sweater            |

6. Hat or Visor with a brim (protect your neck or eyes)
7. Full, reusable water bottle (one for *each person on the trip* if you're sharing a pack)

8. Working flashlight (and extra batteries stored separately)

In addition to taking your Eight Essentials you should dress appropriately for your trip! When exploring outside always try to wear:

- sturdy, closed toe and closed heel shoes with clean socks
- pants you can move around in and don't mind getting dirty
- a comfy shirt that covers your shoulders to help prevent sunburn

Especially in New Mexico it's important to wear layers so that you can take them off or put them on as the weather changes throughout the day and when your own body temperature changes because you're exercising!

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**What are some other things that you'll need (snacks, camera, walking sticks, etc)?**

- |          |          |           |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____  |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |
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**Are you cooking out?**

Plan you menu and shopping list! What things can you make ahead of time to save time, space, and waste?

<i>Meal →</i>				
<i>Ingredients →</i>				
<i>Notes →</i>				