

Know Before You Go

Leave No Trace Trip Planning

What are you doing? Hike // Picnic // Camping // Other: _____

When are you going? Date(s): _____ Time(s): _____

Where are you going? State/National Park // Local Park // GS Camp // Other: _____

Next steps

1. Look online with an adult to find the park, check the following areas:
 - a. Where is it or What is the address? Do you need to print or download directions?
 - _____
 - b. Are there things that are not allowed (food, glass containers, pets, etc)?
 - _____
 - c. Is there a check in procedure? Do you need to speak with a Ranger when you get there or are you allowed to just park? Are there any fees that you'll need to pay?
 - _____
 - d. Are there any notices or warnings that have been posted by Rangers? (Bad roads, etc)
 - _____
2. Check the weather! Watch the news or look online to see what the expected weather is for the time of your trip.
 - a. What is the weather going to be (circle all that apply)
 - Sunny // Cloudy // Rainy // Windy // Hot // Cold // Warm // Other: _____

Get 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). These can all be packed in a backpack with wide straps (not string straps) or a large fanny pack or worn:

- | | |
|--|--|
| 1. Sunscreen (for re applying) | 6. Hat or Visor with a brim (protect your neck or eyes) |
| 2. Insect Repellent (for re applying) | 7. Full, reusable water bottle (one for <i>each person on the trip</i> if you're sharing a pack) |
| 3. Lip balm (for re applying) | 8. Working flashlight (and extra batteries stored separately) |
| 4. Poncho or Rain coat (umbrellas are not suggested) | |
| 5. Light or medium weight jacket or sweater | |

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!

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

1. _____

5. _____

2. _____

6. _____

3. _____

7. _____

4. _____

8. _____

BONUS! Draw yourself going on your trip, super prepared for anything!