

## Trip Plan

Trip Type: \_\_\_\_\_

Destination/Region: \_\_\_\_\_

Duration: \_\_\_\_\_

Estimated Departure Time and Date: \_\_\_\_\_

Estimated Return Time and Date: \_\_\_\_\_

### Group Leaders

Name	Experience with Trip	Emergency Contact	
		Name	Phone Number

### Group Members (including leaders)

Name	Allergies/Medical Conditions	Medications

Transportation to Departure Point (for vehicles, include model, colour, licence plate number, and location of spare key): \_\_\_\_\_  
\_\_\_\_\_

Place of Departure: \_\_\_\_\_

Place of Return: \_\_\_\_\_

Environmental Factors: \_\_\_\_\_

Navigation Aids (maps, GPS, etc.): \_\_\_\_\_

Communication Aids: \_\_\_\_\_

Emergency Supplies: \_\_\_\_\_  
\_\_\_\_\_

Route Plan (include latitude/longitude, grid reference, features, location names, and estimated travel times):  
\_\_\_\_\_  
\_\_\_\_\_

Emergency Exit Points: \_\_\_\_\_  
\_\_\_\_\_

Amount of Extra Fuel and Food: \_\_\_\_\_  
\_\_\_\_\_

Possible Alternative Plan: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Trip Essentials

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> A multi-tool with a knife with a locking blade, saw, screwdriver, and tweezers | <input type="checkbox"/> Sun protection                                  | <input type="checkbox"/> A headlamp or flashlight <b>(plus spare batteries)</b>                          |
| <input type="checkbox"/> A lighter and fire starters  | <input type="checkbox"/> A complete, unexpired first aid kit             | <input type="checkbox"/> A foil blanket and rope that can be attached to each corner to create a shelter |
| <input type="checkbox"/> A whistle that will work well in cold and wet conditions                       | <input type="checkbox"/> Emergency food and water                        |  |
| <input type="checkbox"/> A quality compass, GPS, and map  | <input type="checkbox"/> Clothing that protects you against the elements |  |