Outdoor Adventure & Recreation
Planning Future Trips

During this time we are all doing our part to stay isolated from others, and limiting travel to prevent the spread of COVID-19. It is especially important to limit travel to rural areas (often a favorite of outdoor recreationalists) because these areas often don’t have the healthcare infrastructure that metropolitan areas do.

With this increase in time at home, it is a perfect time to start planning FUTURE trips!! For this purpose, we are sharing some of OAR trip planning tools, modified to be utilized by you!

Below you’ll find a template for a “Trip Plan” which is an excellent tool for planning, time management, and can be shared with an emergency contact person if you get into trouble. Additionally, we have a check list of logistical considerations for planning trips (example displayed is a hiking trip) as well as packing lists for hiking, camping, biking, and kayaking.

Remember these are great resources for planning future trips, but they are not a replacement for common sense and responsible decision making.

1. Blank Trip Plan Template

2. Sample: planning a Hiking Trip

Gear Check Lists

3. Hiking
4. Camping
5. Biking
6. Kayaking
**OAR Trip Plan**

<table>
<thead>
<tr>
<th>TRIP NAME:</th>
<th>DATE(S):</th>
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<tbody>
<tr>
<td>BRIEF DESCRIPTION:</td>
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</tr>
<tr>
<td>TRIP LOCATION:</td>
<td></td>
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<tr>
<td>LAND MANAGED BY:</td>
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<tr>
<td>RELEVANT MAPS:</td>
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**GROUP INFORMATION**

<table>
<thead>
<tr>
<th>TRIP LEADERS</th>
<th>CERTIFICATION(S)</th>
<th>PHONE</th>
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**PARTICIPANTS & CONTACT # (or attach list)**

(see attached list)

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**TIME CONTROL PLAN**

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<tr>
<th>TIME (from/to)</th>
<th>PLAN</th>
<th>MILEAGE</th>
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EMERGENCY PLANNING –

<table>
<thead>
<tr>
<th>CELL/SAT PHONE FIELD CONTACT #:</th>
<th>DRIVER’S PHONE:</th>
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<tbody>
<tr>
<td>LEAVE CAMPUS (DAY, DATE, TIME):</td>
<td></td>
</tr>
<tr>
<td>RETURN TO CAMPUS (DAY, DATE, TIME):</td>
<td></td>
</tr>
<tr>
<td>PANIC TIME &amp; CONTACT PERSON: Campus contact person activates search &amp; rescue if s/he hasn’t heard from group.</td>
<td></td>
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<tr>
<td>VEHICLE DESCRIPTION &amp; LICENSE PLATE #:</td>
<td></td>
</tr>
<tr>
<td>DRIVERS:</td>
<td>DRIVER’S PHONE:</td>
</tr>
<tr>
<td>NEAREST 24/7 HOSPITAL:</td>
<td>LOCATION &amp; PHONE:</td>
</tr>
<tr>
<td>OTHER PHONE (Police, NPS, USFS, etc.):</td>
<td>ADDITIONAL NOTES:</td>
</tr>
</tbody>
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POTENTIAL EVACUATION ROUTES:

Additional Contacts:

<table>
<thead>
<tr>
<th>Name</th>
<th>Telephone</th>
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</thead>
<tbody>
<tr>
<td>Panic Contact (If group isn’t heard from)</td>
<td>(###) ###-####</td>
</tr>
<tr>
<td>UR Police Emergency</td>
<td>(804) 289-8911</td>
</tr>
<tr>
<td>UR Police Non-Emergency</td>
<td>(804) 289-8715</td>
</tr>
</tbody>
</table>
Planning Sheet: Hiking Trip Example

☐ Select a location
  o Consider the following:
    ▪ Drive time – how far/ long are you willing to drive?
    ▪ Access – can you park at the trail head? Are roads closed in the winter? What would your emergency plan be if you needed assistance?
    ▪ Difficulty – is the terrain appropriate for your group skill level?
    ▪ Trail Mileage – what is appropriate distance for your group?
    ▪ Time – how long will our mileage take? Will we stop for lunch/ views/etc? What time is sunset?
    ▪ Weather at Location – check the weather ahead of time and morning of trip. BE PREPARED FOR CHANGING WEATHER CONDITIONS
    ▪ Amenities – bathrooms, water, gas, etc
    ▪ Vehicle Needs – is it a loop hike or do you need two vehicles on for start point on for end?

☐ Food – plan a menu!
  o Consider all dietary restrictions
    ▪ If any allergies, avoid having those ingredients entirely to prevent a reaction
    ▪ Similarly, if there are vegans/vegetarians/folks who are gluten-free, it is easiest to make the whole menu vegan/vegetarian/gluten-free
  o Prepare a written menu with a specific grocery list – bring this to buy food

☐ Equipment – Pull the appropriate gear, refer to “Day Hike Gear List”
Day Hike Gear List

Recommended

☐ Printed Trip Plan
☐ Day use backpack
☐ Comfortable/Sturdy Hiking Shoes
☐ Comfortable Hiking Clothes – non cotton
☐ Layers appropriate to season/weather (i.e jackets/sweaters/hats/gloves)
☐ Rain Jacket
☐ Water Bottle(s) – 2 liters
☐ Lunch/Snacks
☐ First Aid kit – checked and stocked
☐ Area Maps
☐ Compass (with knowledge of use!)
☐ Trash Bag
☐ Flashlight/ headlamp
☐ Cellphone
☐ Sunscreen
☐ EXTRA: water, food, clothing layers (your or your friends!)

Optional

☐ Insect Repellant
☐ Sun Hat
☐ Watch
☐ Hiking stick/ trekking poles
Camping Gear List

General
- Printed Trip Plan
- Hiking backpack
- Tent
- Sleeping Bag
- Sleeping Pad
- Water Bottle(s) – 2 liters
- First Aid kit – checked and stocked
- Area Maps
- Compass (with knowledge of use!)
- Flashlight/ headlamp
- Cellphone
- Sunscreen
- Hiking stick/ trekking poles
- Poop kit (trowel, toilet paper, ziplock for used TP, soap/ hand sanitizer)
- Toiletries/ Personal Medication

Clothing
- Comfortable/Sturdy Hiking Shoes
- Comfortable Hiking Clothes – non cotton
- Layers appropriate to season/weather (i.e jackets/sweaters/hats/gloves)
- Rain Jacket
- Extra clothes/ layers
- Watch

Kitchen
- Food
- Stoves for cooking
- Fuel
- Lighter/ Matches
- Pots/Pans
- Kitchen Utensils – spatula, serving spoon, knives, etc.
- Plates, eating utensils etc.
- Food storage/ Bear Bag kit if backpacking
- Water Filter/ purification
- Trash Bags
Biking Gear List

- Bike
- Helmet
- Bike Lights
- Comfortable Clothes
- Closed-toe Shoes
- Water Bottle(s)
- Snacks
- Sunscreen
- First Aid Kits – checked and stocked

Recommended for longer bike trips

- Extra inner tube
- Patch Kit
- Extra bike chain with master link
- Tire Levers
- Bike Multitools
- Hand Pump
- Extra Water Bottles
- Snacks/ lunch
Day Kayak Gear List

- **RESEARCH** – Where are you paddling? Are there hazards like dams, rapids, etc.?
- Kayaks
- Paddles
- PFD (personal flotation device aka life jacket)
- Water Clothes
- Water Shoes that will stay on your feet
- Water bottle(s)
- Snacks
- Dry Bag(s) – for car keys, phones, etc.
- First Aid Kits – checked and stocked
- Extra Dry Clothes for after
- Area Maps
- Sunscreen
- Sunhat
- Sun glasses