



## **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](#)






EMERGENCY PLANNING –

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

Additional Contacts:

<u>Name</u>	<u>Telephone</u>
Panic Contact (If group isn't heard from)	(###) ###-####
UR Police Emergency	(804) 289-8911
UR Police Non-Emergency	(804) 289-8715

### Planning Sheet: Hiking Trip Example

- Select a location
  - 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!
  - 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
  - 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