



# Core Itinerary Essentials

Presented by The Outdoor Adventure Kind

Outdoor Education  
& Inspiration For  
Your Adventures

There's more to a solid adventure plan than simply picking a trail. These five core itinerary essentials will capture all the details you need to safely & successfully experience your adventure. Plus, those at home will be reassured to know that you are so well prepared!

## *Route*

Define your planned **route**, including start and end points (trail head and trail names), distances, elevation changes, and possible alternate routes; you might also highlight points of interest or planned stops.

## *Conditions*

Research all **conditions** ahead of your adventure: weather forecasts before and during your trek, pass requirements, official trail statuses, and trip reports from recent visitors.

## *Gear List*

Review and modify your **gear list** based on the planned route and conditions, including potential changes in the weather or anticipated challenges along the trail. Use the list to ensure you've got what you need, but are not overpacked.

## *Schedule*

Create a **schedule** based on your planned route (don't forget, elevation adds time) and expected conditions, including start and return time blocks, plus designated check-in time blocks.

## *Contacts*

Identify your emergency **contacts** for the adventure area; share your full itinerary with at least two personal contacts. You may want to use different contacts when exploring different areas, so they are closer to your location.

**Achieve your epic adventure goals smartly, safely, and sustainably!**

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