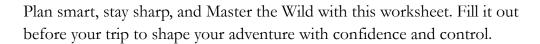
#1 MINDSET & STRATEGY WORKSHEET





Trip Overview			
Trip Purpose: What's your	goal? (e.g., test new gear, e.	xplore a region, seek solitude))
Dates: Start date	End date	Total days	
Location: Region or trail n	ame		
Environment: (e.g., desert,	, alpine, forest)		
Goals & Route Plannin	g		
Fitness Level: How far car Beginner (5-8 miles) / Mod	, , ,		
Daily Mileage Goal: Day more if needed)	1 miles / Day 2	miles / Day 3 r	niles (add
Total Elevation Gain: Est	imate from map	feet	
Key Stops: Campsites, water	er sources, landmarks		
Weather Check: Forecast s	source (e.g., app, site)		
Expected conditions:			
Risk Assessment			
Potential Hazards: List w	hat to watch for:		
Weather:			
(e.g., storms, heat)			
Terrain:			
(e.g., scree, rivers)			
Wildlife/Environment: _			
(e.g., bears, ticks)			

"What If" Scenarios: Plan for these:
Gear Failure:
(e.g., filter clogs—bring backup)
Route Blockage:
(e.g., bridge out—reroute plan)
Contingency Plans
Exit Options: Nearest trails/roads to bail out:
Emergency Contact: Name
Phone
Shared Itinerary: Who has your plan?
Route Notes: Key details (phone + paper backup)
Stewardship Prep
Leave No Trace: How will you minimize impact?
Waste:
(e.g., pack out all trash)
Campsite:
(e.g., durable surfaces)
Local Regulations: Check these:
Bear rules:
(e.g., canister needed?)
Fire bans:
(e.g., stove only?)
Special rules:
(e.g., permits, zones)

Post-Trip Reflection (Fill After) What Worked: Gear, mileage, strategies What Didn't: Close calls, adjustments needed **Next Time:** Lessons to apply