

# #1 MINDSET & STRATEGY WORKSHEET



Plan smart, stay sharp, and Master the Wild with this worksheet. Fill it out before your trip to shape your adventure with confidence and control.

## Trip Overview

**Trip Purpose:** What's your goal? (e.g., test new gear, explore a region, seek solitude)

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**Dates:** Start date \_\_\_\_\_ End date \_\_\_\_\_ Total days \_\_\_\_\_

**Location:** Region or trail name \_\_\_\_\_

**Environment:** (e.g., desert, alpine, forest) \_\_\_\_\_

## Goals & Route Planning

**Fitness Level:** How far can you hike daily? (circle one)

Beginner (5-8 miles) / Moderate (8-12 miles) / Advanced (12+ miles)

**Daily Mileage Goal:** Day 1 \_\_\_\_\_ miles / Day 2 \_\_\_\_\_ miles / Day 3 \_\_\_\_\_ miles (add more if needed)

**Total Elevation Gain:** Estimate from map \_\_\_\_\_ feet

**Key Stops:** Campsites, water sources, landmarks

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**Weather Check:** Forecast source (e.g., app, site)

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**Expected conditions:**

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## Risk Assessment

**Potential Hazards:** List what 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

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**What Didn't:** Close calls, adjustments needed

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**Next Time:** Lessons to apply

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