TRAIL READY LAB

FREE PRINTABLE · PLANNING PACK

Day Hike Planning Pack

A calm, practical worksheet for route, weather, water, load, and turnaround decisions.

FORMAT	USE	ACCESS
Printable PDF	Trail planning	Free download

A practical, research-led worksheet for hikers. It makes assumptions visible and helps you decide what to carry, check, test, or change before the trailhead.

01 / 04

01 · Route card

Write the details that another person would need to understand your plan.

Route / trailhead: _____

Date and start time: _____

Expected return time: _____

People and emergency contact: _____

Primary route and exit options: _____

Research-led planning aid. Use current route, weather, manufacturer, local, and emergency information. Not medical or emergency advice.

02 / 04

02 · Conditions and capacity

A lightweight plan still needs enough margin for weather, daylight, water, and the pace you can realistically hold.

Forecast / exposure: _____

Daylight window: _____

Reliable water sources and gaps: _____

Expected pace and longest stop: _____

What would make you shorten the route? _____

Research-led planning aid. Use current route, weather, manufacturer, local, and emergency information. Not medical or emergency advice.

03 / 04

03 · Pack and water note

Use the Trail Ready Lab tools to estimate load and water, then record the assumptions here.

Base gear weight: _____ kg

Food and fuel: _____ kg

Water at start: _____ L

Optional comfort gear: _____ kg

Total estimated load: _____ kg

First change I will test: _____

Research-led planning aid. Use current route, weather, manufacturer, local, and emergency information. Not medical or emergency advice.

04 / 04

04 · Turnaround and finish

A turnaround rule is a plan for protecting the whole day, not a prediction that everything will go perfectly.

Turnaround time: _____

Weather trigger: _____

Water or daylight trigger: _____

Stop / regroup location: _____

Who will know if the plan changes? _____

Research-led planning aid. Use current route, weather, manufacturer, local, and emergency information. Not medical or emergency advice.