TRAIL READY LAB

FREE PRINTABLE · OVERNIGHT PLANNER

First Overnight Packing Planner

A beginner-friendly system for shelter, sleep, food, water, safety, and a first real pack check.

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 / 05

01 · Trip brief

Set the boundaries before building the kit

Route and campsite: _____

Date, forecast, and lowest temperature: _____

Distance and elevation: _____

Water sources and refill gaps: _____

Return or exit plan: _____

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

02 / 05

02 · Core systems

Check the system that keeps the trip safe and workable before adding comfort items.

Shelter and stakes: □ checked □ missing

Sleep system and insulation: □ checked □ missing

Food, fuel, and cooking: □ checked □ missing

Water capacity and treatment: □ checked □ missing

Navigation, light, first aid, communication: □ checked □ missing

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

03 / 05

03 · Weight and access

Separate what you carry from what you consume

Base weight: _____ kg

Food and fuel: _____ kg

Water at start: _____ L

Comfort items: _____ kg

One item to remove or replace: _____

Where will the critical items live in the pack? _____

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

04 / 05

04 · Camp and morning

Make the second day easier

First setup task at camp: _____

Dry sleep layer location: _____

Morning water / breakfast plan: _____

What must stay dry? _____

What will be packed before the first light? _____

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

05 / 05

05 · Exit and review

Leave with a plan you can adjust

Turnaround or exit trigger: _____

Emergency contact and check-in: _____

What will you test at home first? _____

After the trip, what worked? _____

What changes next time? _____

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