TRAIL READY LAB

FREE PRINTABLE · SAFETY WORKSHEET

Trail Safety & Turnaround Plan

A practical worksheet for route sharing, hazards, communication, exits, 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 · Share the route

Make the plan legible to someone who is not there

Route, trailhead, and map link: _____

Start and expected return: _____

Group names and experience: _____

Emergency contact: _____

Check-in time and action if missed: _____

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

02 / 04

02 · Hazards and exits

Name the moments that can change the day

Weather exposure: _____

Water, terrain, or crossing hazard: _____

Navigation decision point: _____

Nearest exit or safer alternative: _____

What will you not attempt today? _____

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

03 / 04

03 · Communication and kit

Keep the response system workable

Phone coverage expectation: _____

Navigation backup: _____

Light and spare power: _____

First aid / repair / warmth: _____

Satellite communication plan, if carried: _____

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

04 / 04

04 · Turnaround rule

Choose the trigger before the hard moment

Time trigger: _____

Weather trigger: _____

Pace / fatigue trigger: _____

Water / daylight trigger: _____

Final decision-maker: _____

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