TRAIL READY LAB

FREE PRINTABLE · WATER PLANNER

Water Carry & Treatment Planner

Map sources, carry volume, treatment limits, reserve, and a backup method before you leave.

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 · Source map

Do not treat a marked source as a guaranteed source

Route and date: _____

Reliable source 1 / distance: _____

Reliable source 2 / distance: _____

Known seasonal or access issues: _____

Backup if a source is dry: _____

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

02 / 04

02 · Carry estimate

Use a conservative window between sources

Route hours: _____

Personal drinking rate: _____ L/hour

Heat / exposure score: _____ / 5

Hours between reliable refills: _____

Planned start volume: _____ L

Reserve margin: _____ L

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

03 / 04

03 · Treatment check

Know what the method can and cannot do

Filter / treatment model: _____

What it removes: _____

What it does not remove: _____

Backflush / battery / chemical check: _____

Backup treatment method: _____

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

04 / 04

04 · Trailhead decision

Finish with one clear water plan

Start with: _____ L

First reliable refill: _____

Treatment stop or wait time: _____

Trigger to add margin or shorten route: _____

Who knows the water plan? _____

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