

# 1: Plan Ahead And Prepare



## PRE-TRIP BEFORE YOU GO

- **Check with land management agencies while planning a trip. Know the regulations, inherent risks and special concerns for the area you'll visit.**
- **Identify the skills and abilities of those in the group.**
- **Select destinations that match the skills and abilities of those in the group.**
- **Plan activities that match the skills and abilities of those in the group.**
- **Consider weather, terrain, group size, hiking speed and land boundaries.**
- **Choose equipment and clothing for comfort, safety and to follow Leave No Trace principles.**
- **Evaluate your trip when you return.**

