TRAIL NOTES / 002 - PRINTABLE CHECKLIST

OTHERKIT.

YOUR FIRST TRAIL RUN STARTS HERE.

A simple, saveable check before you step off the pavement.

ROUTE _____ DATE / TIME _____ EXPECTED RETURN _____

BEFORE YOU LEAVE

- [ ] Choose a short, clearly marked route.
- [ ] Check the weather and trail conditions.
- [ ] Note the distance, elevation and expected duration.
- [ ] Download the route for offline use.
- [ ] Tell someone where you are going.
- [ ] Leave enough daylight to finish comfortably.

WHAT TO CARRY

- [ ] Water.
- [ ] A charged phone.
- [ ] Offline route navigation.
- [ ] A small snack and identification.
- [ ] Any personal medication.
- [ ] A headlamp and first aid for longer outings.

WHAT TO WEAR

- [ ] Comfortable shoes with suitable grip.
- [ ] Quick-drying clothing and running socks.
- [ ] A hat or light outer layer when needed.
- [ ] Sun protection or rain protection.
- [ ] Nothing new that could rub or distract you.

ON THE TRAIL

- [ ] Start slowly and walk whenever you need to.
- [ ] Stay on the marked route.
- [ ] Give walkers, riders and other trail users space.
- [ ] Carry out everything you bring with you.

A USEFUL FIRST TARGET

Plan for 20 to 30 minutes on an easy trail. Run when it feels comfortable, walk when it does not, and finish wanting to return.

BEFORE YOU TURN FOR HOME

Conditions can change. Turn back if the route, weather or remaining daylight begins to exceed your experience. The trail will still be there another day.

EMERGENCY CONTACT / NOTES

NAME / NUMBER _____

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FINISH WANTING TO RETURN.