Beginner Outdoor Checklist

A SIMPLE GUIDE FOR FIRST-TIME OUTDOOR ADVENTURES



PERSONAL ITEMS

- ☐ COMFORTABLE CLOTHING
- ☐ WEATHER-APPROPRIATE JACKET
- ☐ CLOSED-TOE SHOES OR HIKING BOOTS
- ☐ HAT
- ☐ SUNGLASSES

SAFETY ITEMS

- ☐ WATER BOTTLE
- ☐ WHISTLE
- ☐ SMALL FLASHLIGHT
- ☐ BASIC FIRST AID SUPPLIES
- ☐ EMERGENCY CONTACT INFORMATION

OUTDOOR ESSENTIALS

- ☐ HEALTHY SNACK
- ☐ SUNSCREEN
- ☐ INSECT REPELLENT
- ☐ SMALL BACKPACK
- ☐ MAP OR TRAIL INFORMATION

BEFORE LEAVING

- ☐ TELL SOMEONE WHERE YOU ARE GOING
- ☐ CHECK THE WEATHER FORECAST
- ☐ KNOW YOUR MEETING LOCATION
- ☐ TRAVEL WITH A BUDDY WHEN POSSIBLE

REMEMBER

THE BEST OUTDOOR TRIP IS A PREPARED OUTDOOR TRIP.

START SIMPLE, STAY SAFE, AND ENJOY THE OUTDOORS.

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