

Destination: _____

Date: _____

Planned

Actual

Departure time: _____

Return time: _____

Weather: _____

Outbound route: _____

Return route: _____

Total distance: _____

Ten Essentials

- Water (at least 2 quarts)
- Attact Attention (whistle & mirror)
- First-aid (kit)
- Fire (matches in dry container)
- Light (flashlight & extra batteries)
- Emergency Edibles (protein bar)
- Sun (protection - hat & lip balm)
- Inclement (rain gear) / Insulation
- Navigation (map, compass, & watch)
- Knife

Other Items (as required)

Hikers

<u>Notable Observations</u>

