

# Backcountry Safety Checklist

Trail Logic keeps risk simple: notice early, act early. Use this checklist before and during your trip.

## Pre-Trip Plan

- " Define the goal, turnaround time, and a Plan B route.
- " Share your route link, vehicle, and call for help if no check-in by time.
- " Download offline maps and write key waypoints in a pocket notebook.

## Health and Environment

- Hydrated and fueled before driving to the trailhead.
- Altitude plan: slow day one above 8,000 ft; sleep low when possible.
- Sun, bug, and water treatment packed based on forecast.

## Communication and Emergencies

### Tool | Purpose | Tip

Whistle | Immediate attention within earshot | Three blasts signals distress  
Phone + battery | Primary contact and navigation | Keep warm and in airplane mode  
Satellite messenger | Check-ins and SOS beyond service | Preload messages and contacts  
Paper note | Leave at car | Include route, group size, return time

## Field Checks

- " Time: compare actual pace to plan every hour.
- " Weather: reassess cloud build-up, wind, and temps at each break.
- " Group: rotate leaders, check feet and fingers for hot spots or cold.
- " Hazards: note avalanche slopes, loose rock, or river rise and adjust spacing.

## Decision Points

- " Turn around if any two: bad weather, falling pace, or gut feeling of risk.
- " Shorten the objective if daylight buffer drops below 60 90 minutes.
- " If lost, stop moving, mark the spot, and rebuild position before acting.