

# Hiking Navigation Prevention Checklist

Follow these essential safety actions before, during, and after your trek to maintain trail awareness and prevent navigation errors.

## 1 Before Leaving Home

- ☐ Choose a route matching group ability & experience.
- ☐ Read official trail page and check current alerts/closures.
- ☐ Study official map, route type, junctions, & elevation.
- ☐ Download full map area & test offline functionality.
- ☐ Pack navigation backup & know how to use it.
- ☐ Check weather, daylight hours, & set turnaround time.
- ☐ Share exact route & expected return with contact.
- ☐ Pack Ten Essentials customized for terrain & length.

## 2 At the Trailhead

- ☐ Confirm trailhead name, trail sign, & starting direction.
- ☐ Review bulletin board for last-minute warnings & reroutes.
- ☐ Review route, checkpoints, & separation rules with group.
- ☐ Record parking location & device battery levels.

## 3 While Hiking

- ☐ Pause and verify route direction at every trail junction.
- ☐ Look back after confusing intersections for return view.
- ☐ Match terrain landmarks with map checkpoints as you hike.
- ☐ Keep group together & pace to slowest hiker.
- ☐ Monitor time, weather, energy, supplies, & battery.
- ☐ Turn around when route or timing stop making sense.

## 4 If the Trail Is Lost

- ☐ Stop immediately and gather all group members.
- ☐ Identify the last known location where route was certain.
- ☐ Apply STOP protocol: Stop, Think, Observe, and Plan.
- ☐ Backtrack only if route is short, clear, & safe.
- ☐ Stay put if you lack a safe, confident plan.
- ☐ Call or signal for help when unsafe to return.
- ☐ Share coordinates, trail details, & condition with rescuers.
- ☐ Protect body warmth, water, daylight, & battery.

## Trip & Navigation Safety Plan

TRIP & ROUTE DETAILS

EMERGENCY DETAILS

TURNAROUND TRIGGERS

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