

Sustainable Hiking Trip Checklist

Print or save this checklist and work through each item while planning your hike — from choosing the trail to what you do once you're home.

1 Before Choosing the Trail

- ☐ Choose an official route that matches the group's ability.
- ☐ Check distance, elevation, terrain and expected time.
- ☐ Review weather, trail alerts and seasonal closures.
- ☐ Confirm permits, reservations, parking and access hours.
- ☐ Check dog, wildlife, fire, food-storage and waste rules.
- ☐ Select a legal, suitable Plan B.

2 Transport and Local Planning

- ☐ Compare a nearby trail, transit, shuttle and carpool options.
- ☐ Confirm the safe return schedule.
- ☐ Use authorized parking and access points.
- ☐ Avoid blocking homes, gates, roads or emergency access.
- ☐ Identify suitable local services if food or lodging is needed.

4 On the Trail

- ☐ Stay on established trails and durable surfaces.
- ☐ Do not cut switchbacks or create shortcuts.
- ☐ Follow signs, closures and shared-use directions.
- ☐ Keep noise low and give other visitors space.
- ☐ Observe wildlife from the required distance.
- ☐ Leave plants, rocks, artifacts and cairns unchanged.
- ☐ Pack out all food scraps and waste.
- ☐ Follow fire, campsite and water-protection rules.

3 Packing

- ☐ Use suitable gear already owned where possible.
- ☐ Repair, borrow or rent before buying an occasional item.
- ☐ Pack route-appropriate safety essentials and medication.
- ☐ Carry enough food and treated or potable water.
- ☐ Use reusable food and water containers where practical.
- ☐ Pack a secure bag for trash, food scraps and pet waste.
- ☐ Carry the required human-waste supplies.
- ☐ Clean footwear and gear before leaving.

5 After the Hike

- ☐ Take waste home when facilities are unavailable or full.

☐ Clean and dry gear, boots and pet equipment.

☐ Report damage or unsafe conditions to the land manager.
- ☐ Record what was used, wasted or missing.

☐ Adjust the next trip based on what was learned.

TRIP NOTES

PLAN B ROUTE

Trail name

Trigger condition

Parking / access

AFTER-TRIP FOLLOW-UP

Reported to land manager

Gear to repair/replace

Change for next trip