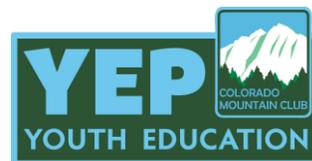


14'er Trip Planning Checklist



Logistics: Who, what, where, when! Let's start with the nitty gritty details.

What 14er do you want to climb? _____

Where is it located and long will it take you to get to the trailhead? _____

Find directions from your house to the trailhead and save them for later.

How many miles is the hike? _____

How much elevation will you gain? _____

Using the method we discussed in the 14ers video, determine how many hours (roughly) it will take for you to complete the hike (round trip)?

30 minutes for each mile (round trip) = _____

+ 1 hour for each 1,000 ft of elevation gained _____

+ 1 hour for snack breaks/lunch _____

Approximate hours it will take to complete hike = _____

Who are you going to hike with? Find your hiking buddie(s) so you can plan the rest together!

Training: Make a plan to make sure you and your team are physically and mentally ready for the big day!

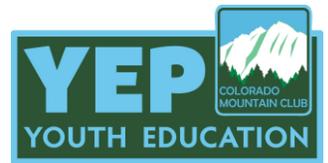
What is your groups experience level? Has anyone hiked a 14er before?

Come up with a training plan to get ready for your hike. Consider how much time you have each week and what equipment/spaces you have available. A big part of hiking a 14er is preparing for the number of miles and amount of elevation you will need to gain during your summit attempt, so plan 3 main 'training' days that will help you work up to the difficulty of your 14er goal. Depending on your experience, it might be a good idea to slowly increase how much you walk each week in preparation for these bigger training days.

Training day 1: Plan to walk as many miles as you will to get to the top of your 14er (and back down). Don't worry about where you're walking or what the terrain is, just get comfortable with the length you're going to be hiking on your 14er trip (a few laps around your neighborhood will work perfectly!)

When are you completing this goal? _____ Where are you hiking? _____

14'er Trip Planning Checklist



Training day 2: Remember all that elevation you have to gain to get to the top of a 14er? Let's get some practice. Find a nearby hill, or a long set of stairs, and start hiking! The goal of this training day is to gain as much elevation as you will on your hike. Use a smartphone app such as Strava to track your progress until you meet your elevation goal!

When are you completing this goal? _____ Where are you hiking? _____

Training day 3: Let's bring it all together for the final push before you tackle your summit day. When you head up to hike your 14er, the altitude will be an extra challenge for you to work through, so give yourself some practice with the hike before you're at 14,000 ft. For this training day, plan to both walk as many miles as you will on your 14er day, and gain as much elevation. A good way to do this close to home is to first tackle the elevation you want to gain using a set of stairs or a neighborhood hill, then see how many miles you have left to cover and finish strong on flat ground. However you choose to plan this day, stay positive! You can do it!

When are you completing this goal? _____ Where are you hiking? _____

Gear and Supplies: What do you need to wear, pack, and eat to have a safe and successful day?

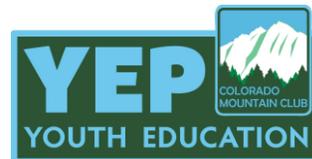
Packing List

- Comfortable backpack (10-20 liters)
- Water (at least 2-3 liters/person, more depending on length of trip)
- Trail snacks
- Healthy lunch (protein + carbs....a sandwich is great)
- Map of the area and a compass (both can be on your phone, but make sure you have a way to charge it!)
- Headlamp or flashlight
- Sunscreen and lipbalm
- First aid kit
- Rain jacket
- Warm layers
- Lighter or matches
- Emergency blanket
- Hat

What to Wear

- **Top:** It's all about the layers! What you wear will depend on the weather of the day, but remember, weather in the mountains can change quickly! A good rule of thumb is to have three main layers:

14'er Trip Planning Checklist



- ✓ **Baselayer:** This is what you'll be wearing all day. A t-shirt, tank top, or thin long-sleeve shirt are great- just make sure it's comfy!
- ✓ **Midlayer:** You'll throw this on and off through the day as the temperature changes. A good midlayer is a fleece jacket or a sweatshirt
- ✓ **Outer layer:** This is for the cold morning up high or your windy summit lunch. A puffy jacket works great. In addition to this, don't forget to stuff your rain jacket in your backpack- you never know when a storm might roll in.
- **Bottom:** Just like what you wear on top, layering is important for bottoms as well. However, it's harder to take bottom layers on and off, so aim for 1-2 layers that be comfortable all day. Hiking pants and leggings work best. Consider bringing a pair of shorts for warmer days or a pair of thermal baselayer bottoms for colder days.
- **Feet, Hands, and Head:** Wear a comfortable pair of hiking shoes or boots that you have worn and tried out during your 3 training days, and a good pair of socks that have some cushion. Bring gloves for your hands and a baseball cap and beanie hat for your head.

What are you wearing on your summit day?

Food and Water

- **Water:** You should have 1 liter of water for every 2 hours of hiking. Using the estimate you made above for your trip time, how much water do you need to bring? _____
- **Food:** What you eat is what fuels your body, so make sure you have plenty of food for the hike, and that you start the day with a good breakfast.

Write your meal plan for the day below:

Breakfast _____

Lunch _____

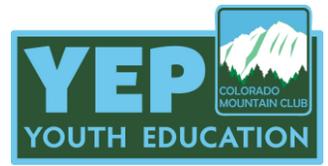
Snacks _____

Final Details and Checklist: Fill this out the day before your hike!

What's the weather forecast (highs, lows, any storms?)

What time are you starting your hike (remember, you should be back below tree line by 12)?

14'er Trip Planning Checklist



What's your wake up time? _____

Do you have:

- ✓ Directions
- ✓ Packed backpack (full of everything on the packing list)
- ✓ Breakfast planned for tomorrow
- ✓ Lunch packed
- ✓ A hiking buddy

Wohoo! Make sure to eat a big, healthy meal tonight, drink plenty of water, and get a good night's sleep! Good luck!

