

# Xploreum Adventure Safety Guidelines

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Welcome to Xploreum! We want every multi-day expedition with your Thrillmaster (guide) to be exciting **and** safe. These guidelines offer friendly, expert-backed tips for both **Xplorers** (travelers) and **Thrillmasters** (local guides) to prepare for outdoor and vehicle-based adventures across the U.S. and Canada. Think of this as advice from an experienced adventure buddy – **not** hard rules or guarantees. By following these best practices, you'll be well-equipped to tackle challenges with confidence and focus on the fun.

Adventure comes with risks, but good preparation empowers you to handle them!

## Gear Up: Personal Protective Equipment & Clothing

*Essential outdoor gear and clothing, like navigation tools, first aid, and layered apparel, can be lifesavers when things don't go as planned .*

**Dress for the elements:** Always wear **weather-appropriate clothing** and bring extra layers for temperature swings . For cold climates, pack insulating jackets, warm hats, and gloves; for hot sunny climates, wear lightweight breathable layers, a wide-brimmed hat, UV-blocking sunglasses and **sun-protective clothing with sunscreen** to prevent sunburn or snow blindness . Sturdy, broken-in footwear is a must. In desert or high-heat areas, covering up with long sleeves and pants may actually keep you cooler and protect against sun, wind, and sand . Always bring

**ample water** (at least **one gallon per person per day** in hot weather) and high-energy snacks to stay hydrated and fueled .

**Pack the essentials:** Carry the classic “**Ten Essentials**” gear items on every outing, things like a map and compass (or even better, a hand held GPS device), headlamp, first aid kit, fire starter, multi-tool, extra food and water, and emergency shelter . You might not use all of them on a routine trip, but *when something goes awry you’ll truly appreciate having these items that could be essential to your survival* . Adjust your gear to the trip’s demands (e.g. cold-weather sleeping bag for winter, water filters for backcountry, bear spray in bear country). Both Xplorers and Thrillmasters should double-check that all **personal protective equipment (PPE)** needed for the activities is on hand – from helmets for ATVs or climbing, to life jackets for water excursions. It’s wise for Thrillmasters to bring spares if possible (extra headlamp batteries, an additional pair of gloves or rain poncho, etc.), in case someone in the group needs them. Before you head out, **check your gear’s condition** together: ensure everything fits, functions, and is in good repair (no broken buckles or frayed ropes). Taking five minutes to inspect and adjust gear can prevent many safety issues on the trail.

## **Navigate & Communicate: Plan for Route, Weather, and Connectivity**

Thorough **planning and navigation prep** can save your adventure if things change unexpectedly. “**Plan ahead and prepare**” is the first **Leave No Trace principle**, and for good reason: being poorly prepared makes you more likely to get tired, fearful, or forced into bad choices. Before your trip, **research your destination** – study maps, guidebooks, or park resources to know the terrain, trail routes, and

any hazards or tricky sections. **Review the route together** beforehand, so everyone knows the general plan and key waypoints. We recommend Thrillmasters share a trip briefing with Xplorers highlighting the route, daily timeline, and alternative exits or campsites. Importantly, **know the local regulations** for areas you'll visit and secure any required permits (for example, backcountry camping permits or off-road vehicle permits) .

**Prepare for weather:** Check the **weather forecast** leading up to your trip and on departure day. Plan and pack for the worst reasonable conditions – if you're heading into the mountains or desert, that might mean preparing for sudden storms, extreme cold or heat, or other surprises. Conditions can change quickly, so bring extra layers or rain gear even if skies are clear. Discuss "what if" scenarios with your group (e.g. what if a storm rolls in or a trail becomes impassable?) so you're mentally ready to adapt.

**Bring navigation tools and backups:** Don't rely solely on a smartphone's GPS in the wilderness, **batteries die, signals drop, and electronics can malfunction at the worst time**. Always carry a paper map of the area and a physical compass, and **know how to use them** (if your navigation skills are rusty, consider a quick refresher or class). Many experienced adventurers download offline maps to their phone or GPS device *and* carry a printed map as backup. If using a phone or tablet for navigation, pack a portable battery or charging device. **Know your landmarks** too: as you travel, pay attention to trail signs, junctions, and notable features so you can backtrack or pinpoint your location if needed.

**Plan communications:** In remote regions, you might not have cell service . Thrillmasters should inform Xplorers about expected connectivity – for instance, "no signal once we enter the national park." Consider carrying satellite

communicators or personal locator beacons on very remote trips, which can send an SOS in emergencies. At minimum, the group should have a communication plan: e.g. use two-way radios between vehicles or hiking parties to stay in touch. Devices like Garmin In-Reach can save your life if things go wrong. It's smart to designate check-in times (like "we'll all meet back at the trail junction by 2 PM"). **Before you leave, file a trip plan** with a trusted friend or family member not joining you – include where you're going, who's with you, your route, and when you expect to return. This way, if you're overdue and unreachable, help can be alerted. Being diligent with navigation and communication prep gives you a safety net if the journey takes an unexpected turn.

## First Aid & Emergency Planning

**Be ready for bumps and scrapes – or worse.** Both Thrillmasters and Xplorers should **carry a first aid kit** and know the basics of wilderness first aid. Even minor injuries (blisters, small cuts) need attention on a multi-day trip, and more serious incidents require quick response. We strongly encourage **Thrillmasters to get First Aid and CPR training**, and even wilderness-specific medical certifications for remote expeditions. Knowing how to treat injuries or illness in the field, even at a basic level, can be a lifesaver. Xplorers can also benefit from basic first aid knowledge – it's a team effort when someone is hurt. Make sure at least one person's kit is comprehensive (bandages, disinfectant, blister care, any personal medications, etc.) and **everyone knows where the kit is kept**. Review any group medical concerns before the trip (allergies, asthma, etc.), so the guide and fellow travelers know what to do if a condition flares up.

**Have an emergency game plan:** Discuss “what-if” scenarios and responses with your group at the start of the trip. For example, *What if someone breaks an ankle? What if we encounter a wildfire or flash flood?* Identifying nearest help – like ranger stations, road access points, or shelters – is wise. Thrillmasters should communicate how to contact emergency services in the areas visited (e.g. “Dial 911, but also here’s the park ranger’s direct number or radio channel”). In critical situations, **don’t hesitate to call 911 or local search-and-rescue**. If you’ll be far from medical care (more than an hour’s travel), it’s extra important to have an evacuation strategy (perhaps a vehicle on standby or a plan to signal for help). **Xploreum recommends that all participants create an emergency plan for their adventure**, covering natural disasters or any other crisis that could occur. This could be as simple as agreeing on who will do what in an emergency: e.g. one person administers first aid while another calls for help.

If an incident does occur, **stay calm and prioritize immediate safety**. Administer first aid within your ability, and activate emergency services if needed. It’s usually best for the group to stick together during an emergency, unless one person must go find help. Afterward, once everyone is safe, **report any serious incidents to local authorities and to Xploreum**. While Xploreum does not manage or oversee tours, we encourage sharing safety feedback or incident reports with the platform – this helps improve community awareness (and it’s good karma to help future adventurers).

## Respect Laws, Land, and Ethical Travel

When we venture into the outdoors, we’re guests of the land and local communities. **Responsible adventuring** keeps you on the right side of the law and

protects these beautiful places for the future. **Know and respect local laws and regulations** wherever you go – this includes park rules, wildlife protections, fire bans, fishing or hunting laws, and any permit requirements for activities. Thrillmasters should brief Xplorers on pertinent rules (for example, if camping is only allowed in designated sites, or if a special permit is required to enter a backcountry area). Abiding by posted signs and regulations isn't just about avoiding fines; it's often a matter of safety and conservation. For instance, if a trail is closed or a sign says "No swimming – dangerous currents," those are warnings to take seriously.

**Practice Leave No Trace ethics:** The **Leave No Trace Seven Principles** are widely accepted guidelines for minimizing our impact on nature. In a nutshell: *Plan ahead and prepare, travel on durable surfaces, dispose of waste properly, leave what you find, minimize campfire impacts, respect wildlife, and be considerate of others.* As a group, **pack out all your trash** (and even any litter you see along the way). *Always leave a place cleaner than you found it* – that might mean picking up micro-trash around a campsite or filling in a fire pit if fires are not allowed. Bury human waste in catholes (6-8 inches deep, 200 feet from water sources) or pack it out if required, and never leave toilet paper or hygiene products behind. If you're in pristine wilderness, avoid creating new campsites or trails; in popular spots, stick to established paths to prevent erosion. **Minimize campfire impacts** by obeying fire regulations: use existing fire rings or stoves, keep fires small, and ensure they're fully out. If there's a fire ban or high wildfire risk, absolutely *no campfires* – cook on a stove and enjoy the stars instead.

**Respect wildlife and the environment:** A highlight of any adventure can be seeing wildlife, but always observe from a distance and **never feed or harass animals.**

Store food securely (use bear-resistant canisters or proper hangs where appropriate) so you don't attract critters to camp. Learn about any dangerous fauna in your area (bears, cougars, snakes, etc.) and how to handle encounters. Often, the rule is to give animals plenty of space and avoid sudden movements. If an animal appears agitated or aggressive, calmly back away and follow recommended guidelines (for example, know whether to play dead or fight back in the rare case of a bear attack). **Respect the landscape** as well – don't deface rocks or trees, take only pictures (leave rocks, artifacts, or antlers where you found them), and stick to trails to avoid trampling fragile plants. For vehicle-based trips, **stay on designated roads and trails** to protect ecosystems: *go over obstacles, not around, to avoid widening paths, and avoid sensitive areas like wetlands or meadows*. If an area is marked off-limits (seasonal wildlife nesting zone, for example), honor those boundaries.

**Be considerate of others:** Out on the trails and backroads, we share space with other adventurers and locals. Follow any site-specific etiquette (for instance, yield to uphill hikers or horse riders, keep noise down at camps, and turn off engines when wildlife or hikers are nearby). Tread Lightly's guidelines remind us to **respect the rights of others** – *yield right of way to those passing or going uphill, and leave gates as you found them* (if a gate was closed, close it again). If you encounter local communities or Indigenous lands, be extra mindful of cultural rules and permissions. When in doubt, ask: *"Are there any local customs or rules we should know?"* – often, guides or locals will appreciate the question. Following local etiquette helps ensure a positive experience for everyone and shows respect for those who call the area home. In short, treat nature and people with respect and care. It's not only safer – it's the right thing to do.

## Stay Aware & Plan for the Unexpected

Even the best-laid plans can change in the wild. **Situational awareness** and flexibility are key skills for any adventurer. Stay **vigilant about your surroundings** at all times: note the terrain you're covering, the weather, and the condition of your group. Regularly scan the sky for changing weather. Mountain weather, for example, can turn from sunny to thunderstorm in an hour – early warning (like distant thunder or darkening clouds) should prompt you to adjust plans (e.g. seek lower ground or shelter). On the road or trail, keep an eye out for hazards like wildlife on the move, unstable ground, or obstacles ahead. If you're on a multi-day route, get local intel on current conditions (trail closures, wildfire reports, etc.) before heading out, and stay tuned via radio or weather alert if possible. **Trust your instincts** – if something doesn't feel right or a route seems too dangerous, speak up and reassess. *You are the best judge of your own capabilities; if you ever feel uncomfortable, voice your concerns.* A good Thrillmaster will never pressure an Xplorer to push beyond their comfort in unsafe ways. Likewise, a conscientious Xplorer will alert the guide if they notice an issue (like feeling signs of heat exhaustion or spotting storm clouds) so you can address it together.

**Always have a Plan B (and C):** Embrace the mantra, *"Plan on changing the plan."* Outdoor travel often throws curveballs – **trails wash out, routes get blocked, someone gets sick or injured, or an interesting detour beckons.** Before and during the trip, identify alternate routes or campsites in case you need to reroute. Study maps or apps to know the general area beyond just your intended path; this way, if you must change course, you have some idea of where to go. For example, if a flooded river makes your planned camp inaccessible, you should already have noticed a potential camp area on higher ground earlier in the day. If a trail is closed



by a fallen tree or a bear caution, be ready to backtrack or take a different loop.

**Check for park or road closures** ahead of time, but also be mentally prepared for surprise closures with *little or no notice* (due to fires, weather, etc.). Having a contingency plan (including extra food and water for an unexpected night out) will make an unplanned detour much less stressful.

**Use the buddy system and stay together:** In a group, **stick to a pace that suits the slowest member** – no one should be left far behind. If someone needs to separate (e.g. to head back early), ensure they take a buddy or at least have communication and clear instructions. Designate meeting points or times to regroup if people do spread out. Getting lost is a common adventure mishap; prevent it by keeping your group visible to each other when possible, and by having defined rally points (like “meet at the trailhead by sunset if we get separated”). If you *do* realize you’re lost or off-course, **stop and stay calm**. Use your navigation tools to figure out your location, and if needed, **backtrack to where you last knew you were on the right path**. Wandering further without direction can make things worse – often the safest move if truly lost is to stay put and signal for help (whistle, mirror, or an SOS device) so searchers can find you. Thrillmasters should brief Xplorers on what to do if they become separated: for instance, “Stop where you are, try to contact me via radio/phone, and blow your whistle. I will come to you.” Preparation like this turns a frightening scenario into a manageable one.

**Maintain situational preparedness:** Throughout your expedition, keep asking yourselves, “*What could go wrong here, and are we ready for it?*” If you’re about to cross a remote mountain pass, for example, is everyone feeling well-rested and capable? Do you have enough daylight left? If not, consider adjusting plans. In off-road driving, if terrain looks too risky for your vehicle, discuss turning around or

scouting on foot first. Always have an **“exit strategy”** for serious situations: know the quickest way to get back to civilization or to summon help. This might mean carrying a satellite phone, knowing which spur road leads out of the forest, or having a pre-arranged check-in time after which someone will call for rescue if they don't hear from you. By thinking ahead about worst-case scenarios (without obsessing or fearing them), you'll react quicker and more calmly if they do occur. And at the end of the day, the goal is to **empower** everyone – with awareness and backup plans, you can tackle challenges proactively rather than reactively. That confidence makes the adventure more enjoyable!

## Vehicle Safety & Road Etiquette

For vehicle-based expeditions (like overlanding trips, 4x4 off-road tours, or snowmobile treks), **vehicle safety is paramount**. Your vehicle is your lifeline to get in and out of remote places – treat it with care and preparation. **Start with a roadworthy vehicle:** Perform a thorough maintenance check **before** the trip. *Never head off-road with a truck or SUV that's overdue for service or in questionable condition.* Check tire tread and pressure (including the spare tire), brakes, fluids, battery health, lights, and suspension. It's a good idea for Thrillmasters to get a professional mechanic's inspection if the vehicle has been through a lot of wear and tear. Make sure you have the appropriate tires and equipment for the terrain (e.g. all-terrains or mud-terrains for off-roading, snow tires or chains for winter conditions). Consider any needed upgrades (like extra lighting or skid plates) well in advance. A quick once-over right before departure – looking for any leaks, listen for odd sounds, ensuring the vehicle isn't overloaded unevenly – can catch issues early.

**Equip for off-road challenges:** Pack a **vehicle emergency kit** that includes tools and recovery gear. Common items are a jack, lug wrench, tire patch kit, tow strap, shovel, traction boards, jumper cables, basic toolkit (screwdrivers, wrenches), duct tape, and spare parts like fuses or belts. Carry extra fuel if your route is far from gas stations (and know your vehicle's range). **Always have a full-size spare tire** (or two spares if heading really far out) and the know-how to change a tire in the field. A portable air compressor is useful for airing down and up your tires when driving on sand or rocks. Thrillmasters should ensure that recovery gear is on hand and that everyone knows how to use it safely – for example, using a tow strap without metal hooks (to avoid dangerous recoil) and attaching it to proper recovery points on a stuck vehicle. If you're unfamiliar with these techniques, take some time to learn from off-roading resources or experienced peers before you need to use them in a pinch.

**Drive smart and humble:** Out on the trail, **cautious driving is key**. Control your speed – it's tempting to rush, but on unknown off-road terrain, slow and steady is safer (and easier on the vehicle). **Wear seatbelts** whenever the vehicle is moving, even at low speeds off-road. If you have passengers in an open-top vehicle or ATV, everyone should wear appropriate safety restraints and helmets. Use four-wheel drive and low-range gears as needed for steep or slippery sections; know your vehicle's features (lockers, traction control settings) and when to use them. **Never attempt terrain that is beyond your skill level or your vehicle's capabilities.** It's perfectly okay to stop and scout a tough section on foot – in fact, that's encouraged. A good Thrillmaster will get out, assess obstacles (like deep water crossings or big rock ledges), and decide on a safe line or decide to turn around if it's not safe. Xplorers should feel empowered to voice concerns if a driving situation feels unsafe.

**Communicate on the road:** If traveling with multiple vehicles, **keep in contact via radios** or predetermined hand signals. Agree on simple signals for stops or hazards. Maintain a reasonable distance between vehicles to allow room for stops and maneuvers (but not so far that you lose sight of each other in dust or turns). It's often said that **off-roading is safer in groups** – if possible, **invite a second vehicle to join your party** so you can help each other if one breaks down or gets stuck. Lone vehicle trips have higher stakes; if you must go solo, be extra conservative in driving and have a reliable way to call for help. Whether in a convoy or alone, **always let someone know your route and expected return** (that trip plan comes in handy for vehicle trips too).

**Share the trail (and road):** On mixed-use roads and trails, practice courteous and safe etiquette. Yield to non-motorized users – hikers, bikers, and horses – they have the right of way. Slow down when passing people or wildlife to avoid startling them (and kicking up dust or rocks). Among vehicles, the general rule is to **yield to vehicles going uphill** (since it's harder for them to start again if they stop on a slope). If you catch up to another vehicle, give them space and only pass when it's safe and mutually understood. Conversely, if someone is behind you, find a safe spot to let them overtake if you're slower. **Respect private property:** do not trespass on unauthorized lands, and if a route crosses through a gate or fence line, **leave gates as you found them** (close any gate that was closed, to prevent livestock escapes, etc.). Obey all traffic laws even on backroads – stop at posted signs, use turn signals, and don't drink and drive (intoxication and adventure do *not* mix). For highway stretches, ensure your vehicle (especially if it's a rugged off-road rig) is safe at speed – secure all gear tightly and be aware of how your vehicle handles with added weight or roof racks.

Lastly, **be prepared for on-road emergencies too**. Carry a fire extinguisher in your vehicle (and know how to use it) in case of a vehicle fire or campfire mishap. Keep an eye on fuel levels; in remote areas, don't let your tank drop too low before turning back or refueling. If an accident or breakdown happens, get to a safe area if possible and use hazard lights, safety triangles, or flares to alert other drivers. With the right prep and mindset, vehicle-based expeditions can be both thrilling and safe, opening up amazing backcountry vistas with peace of mind that you've got the situation under control.

## Disclaimer: Adventure Wisely

**Adventure travel involves inherent risks** – natural hazards, weather, and human factors can never be completely eliminated. These safety guidelines are **suggestions** to help you prepare, *not* iron-clad guarantees. Even if you follow every tip here, **there's no way to absolutely guarantee anyone's safety** during an adventure. Xploreum is a platform that connects independent Xplorers and Thrillmasters; **we do not operate tours or supervise activities, and therefore cannot be responsible for the safety of participants**. All adventure participants assume responsibility for their own well-being, and should exercise judgment at all times. We urge you to take these guidelines seriously, but also to adapt them to your specific situation – every trip is unique. **This list is not exhaustive**. There may be other precautions or best practices suited to your particular activity or location. We encourage continual learning: seek out additional resources from experts (REI, Leave No Trace, Tread Lightly!, FEMA's Ready.gov, Red Cross, etc.), and stay updated on safety techniques.

In the end, our goal is to foster a culture of **preparedness, respect, and empowerment**. By being informed and proactive, you can embrace the thrills of the outdoors with greater confidence. Take responsibility for yourself, take care of each other, and enjoy the incredible experiences that await. Stay safe and happy exploring!

## Here is a short gear checklist:

### Backpacking & Hiking Expeditions

- ☐ **Footwear:** Broken-in hiking boots or trail shoes, moisture-wicking socks
- ☐ **Clothing:** Layered clothing (base, insulation, shell), hat, gloves, rain jacket
- ☐ **Backpack:** Fitted pack with padded straps + rain cover
- ☐ **Navigation:** Map, compass, GPS or phone with offline maps
- ☐ **Hydration:** Water bottles or reservoir, water filter or tablets
- ☐ **Shelter:** Tent, bivvy, or tarp + stakes and groundsheet
- ☐ **Sleep system:** Sleeping bag rated for conditions, sleeping pad
- ☐ **Cooking:** Lightweight stove, fuel, pot, utensils, lighter
- ☐ **Food:** Calorie-dense meals and snacks for full duration + 1 day extra
- ☐ **Lighting:** Headlamp + spare batteries
- ☐ **First aid:** Group and personal kit, blister care
- ☐ **Emergency:** Whistle, space blanket, repair tape, mirror
- ☐ **Optional:** Trekking poles, gaiters, insect netting, bear canister

### Climbing, Canyoneering, or Via Ferrata

- ☐ **Helmet:** UIAA/CE-certified climbing helmet
- ☐ **Harness:** Adjustable harness for activity type

- ☐ **Footwear:** Approach shoes or climbing shoes
- ☐ **Protection:** Quickdraws, cams, nuts (as needed)
- ☐ **Rope:** Dynamic rope for climbing; static for rappelling
- ☐ **Belay/rappel:** ATC or assisted braking device
- ☐ **Gloves:** Rappel gloves or belay gloves
- ☐ **Anchor kit:** Slings, carabiners, cordelette
- ☐ **Backup:** Prusik cord or mechanical ascender
- ☐ **Communication:** Whistle or radios in complex routes
- ☐ **Dry bag:** To keep gear protected in canyons or wet climbs
- ☐ **Waterproof layers:** For wet canyons or alpine climbs

## Off-Road & Overlanding Expeditions

- ☐ **Vehicle recovery:** Tow strap, traction boards, shovel, jack, tire repair kit
- ☐ **Spare gear:** Full-size spare tire, extra fuel, spare fuses/belts
- ☐ **Navigation:** GPS, paper maps, compass, offline navigation apps
- ☐ **Air management:** Portable air compressor, tire deflator
- ☐ **Comms:** CB, GMRS, or handheld radios
- ☐ **Lighting:** Work light, headlamp, vehicle-mounted lights
- ☐ **Tools:** Socket set, wrench, screwdrivers, duct tape, zip ties
- ☐ **Fluids:** Engine oil, coolant, brake fluid
- ☐ **Camp setup:** Tent, roof-top tent, or truck bed setup + sleeping gear
- ☐ **Kitchen:** Stove, cookware, food, water, garbage bags
- ☐ **Safety:** Fire extinguisher, med kit, recovery gloves

## Snow-Based Trips (Mountaineering, Ski Touring, Snowshoeing)

- ☐ **Insulation:** Base layers, mid layers, outer shell, down/synthetic jacket

- ☐ **Snow-specific:** Gaiters, snowshoes, skis/splitboard, poles, crampons
- ☐ **Avalanche gear:** Beacon, probe, shovel (and know how to use them)
- ☐ **Shelter:** Four-season tent or snow shelter
- ☐ **Hydration:** Insulated bottles to prevent freezing
- ☐ **Cooking:** Stove that works in cold (white gas preferred)
- ☐ **Footwear:** Insulated boots with gaiters
- ☐ **Safety:** Goggles, balaclava, hand warmers, emergency bivvy
- ☐ **Navigation:** Map + compass, GPS, slope angle shading tools

### Water-Based Adventures (Kayaking, Canoeing, Rafting)

- ☐ **PFD:** U.S./Canada Coast Guard-approved life jacket
- ☐ **Helmet:** Whitewater or activity-specific helmet
- ☐ **Watercraft:** Inflatable or hardshell boat, paddle, repair kit
- ☐ **Dry gear:** Dry bags for clothing, sleeping gear, electronics
- ☐ **Layers:** Quick-dry clothing, neoprene or drysuit depending on temp
- ☐ **Footwear:** Water shoes or river sandals with heel strap
- ☐ **Emergency:** Throw rope, whistle, flip line, knife
- ☐ **Sun protection:** Hat, sunglasses with strap, sunscreen
- ☐ **Navigation:** River map, GPS, compass
- ☐ **Comms:** Waterproof radio or PLB if in remote areas

### Wildlife Viewing & Photography Expeditions

- ☐ **Optics:** Binoculars, rangefinder, spotting scope
- ☐ **Camera gear:** DSLR/mirrorless, tripod, spare batteries, SD cards
- ☐ **Protection:** Dry bags or hard case for gear
- ☐ **Clothing:** Neutral-colored, quiet fabric clothing





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- ☐ **Scent control:** Fragrance-free sunscreen, wipes
- ☐ **Hide setup:** Ground blind or camo tarp (optional)
- ☐ **Safety:** Bear spray, insect repellent, first aid
- ☐ **Communication:** Whistle, phone, PLB if remote
- ☐ **Notebook or app:** To record species and behaviors