



Backcountry Itinerary Form

Complete this form prior to **your** outdoor trip/adventure and leave it with a responsible person. **MAKE SURE TO CONTACT THEM WHEN YOU RETURN!** It will be **their** responsibility to inform law enforcement so **they** may initiate Search and Rescue procedures if **you** become overdue. Information **you** provide will be critical in **your** rescue.

Your life may depend on it!

If you have not heard from me by (time) _____ on (day) _____ of (month) _____, call 911 and report me as overdue. Be prepared to provide the operator with ALL of the information in this trip plan. For any NON-EMERGENCY inquiries, advice, or questions as to whether to call 911 just yet, call Olympic Mountain Rescue at [800-417-9471](tel:800-417-9471).

Time of Departure: _____ Expected Time of Return: _____

Activity Type (i.e. hiking, climbing, skiing, snowshoeing): _____

Trailhead Name: _____ County: _____

Transportation To and From Your Starting Point

Vehicle License Number:	
Vehicle Make:	Model:
Color:	Parked At:

Dropped Off at Starting Point By (If applicable)

Name:
Phone Number: - -

To Be Picked Up At the End Point By (If applicable)

Name:
Phone Number: - -
Date: / / : AM PM
At This Location:

Information

Satellite Phone Number (if applicable):	
Tent/Shelter Type & Color:	
Radio Type & Frequency:	
Cell Phone Number Monitored:	
Radio Channel(s) Monitored:	
Are you Carrying: PLB EPIRB SPOT Other:	
Do any party members have clothing with RECCO?	YES NO

* **Optional footwear info:** Leave a photo of your footwear, side and bottom, or leave an imprint on a piece of tin foil by placing the foil on a carpet and stepping on the foil with both shoes. Trackers use this information when looking for a lost subject.

Trip Details

General Area:	
Exact Area:	
Intended Route In:	
Intended Route Out:	
Planned Destination:	
Maps Used:	
Have You Been In The Area Before:	YES NO

Equipment and Supplies Taken (circle all that apply)

Backpack	Shelter	Sleeping Bag	Extra Clothing
Water	Water Filter System	Extra Food	Trek poles
Rainwear	Map of Area	Compass	GPS Unit
Headlamp	Stove/Cooking System	Knife/Axe/Saw/Multi-tool	Cell Phone
Strobe Light	Whistle	Flares	Signal Mirror
Personal Survival Kit	First Aid Kit	Ice Axe	Avalanche Transceiver
Skis	Crampons	Snow Shovel	Snowshoes
Climbing Pro, i.e. pickets, cams etc.	Matches/ Lighter	Extra Batteries	Sun Protection
Bear Spray	Footwear other than listed in members description, i.e. approach shoes, etc.		
Other:			
Other:			

Description Of TRIP LEADER

Person #	
First Name:	
Last Name:	
Age:	MALE FEMALE Traveling solo? YES NO
Height:	Weight:
Hair Color:	Skin Color:
Hat Color:	Coat Color:
Pant Color:	Footwear Type:
Glasses:	Disabilities:
Prescription Meds:	
Physical Condition: EXCELLENT GOOD FAIR POOR	
Medical Condition:	
Number Of Days Food Carried: 1 2 3 4 5 ____	

Description Of Trip Member

Person #	
First Name:	
Last Name:	
Age:	MALE FEMALE
Height:	Weight:
Hair Color:	Skin Color:
Hat Color:	Coat Color:
Pant Color:	Footwear Type:
Glasses:	Disabilities:
Prescription Meds:	
Physical Condition: EXCELLENT GOOD FAIR POOR	
Medical Condition:	
Number Of Days Food Carried: 1 2 3 4 5 ____	

Description Of Trip Member

Person #	
First Name:	
Last Name:	
Age:	MALE FEMALE
Height:	Weight:
Hair Color:	Skin Color:
Hat Color:	Coat Color:
Pant Color:	Footwear Type:
Glasses:	Disabilities:
Prescription Meds:	
Physical Condition: EXCELLENT GOOD FAIR POOR	
Medical Condition:	
Number Of Days Food Carried: 1 2 3 4 5 ____	

Description Of Trip Member

Person #	
First Name:	
Last Name:	
Age:	MALE FEMALE
Height:	Weight:
Hair Color:	Skin Color:
Hat Color:	Coat Color:
Pant Color:	Footwear Type:
Glasses:	Disabilities:
Prescription Meds:	
Physical Condition: EXCELLENT GOOD FAIR POOR	
Medical Condition:	
Number Of Days Food Carried: 1 2 3 4 5 ____	

Print multiple copies of this page if needed for more trip members.

Additional Trip Notes:

Draw or screenshot a map of the area you intend to be traveling, or leave a copy of your maps with this form:



DISCLAIMER: Outdoor activities are assumed risk sports. This form is intended as a guide only and cannot be expected to replace approved and appropriate courses in wilderness/outdoor survival, first-aid and emergency procedures. Planning, experience and education are essential for safe wilderness/outdoor travel.

Traveling in the wilderness and in cold/hot conditions can be life threatening. Use safety, common and reasonable sense at all times when building any fire. Always follow the laws, rules and regulations in your area when it comes to constructing and using fires.

When venturing into the wilderness or into cold/hot conditions, it is your responsibility to learn the latest information and be prepared. Olympic Mountain Rescue, the author of this form, and their websites assume no liability for any group or individual's use and/or reliance upon information, products and material contained or referenced on its websites or herein.