



ROUTE PLANNING WORKSHEET

Please note: This form cannot be saved in a web browser. We recommend downloading the pdf file to your local computer drive prior to starting the assessment. When you finish this section assessment, save your form so you can review with your Assessor and group at your next meeting to go over the correct answers.

Part B - Section 1: Assessment of videos #1, #2, #3, #4 - Trip Planning

Participant Name	
Name of Group	

1. What are some things to consider when planning a trip? **Select the 3 that apply.**

- The fitness and experience levels of the group.
- Shoe and outfit choice.
- Your own fitness and experience levels
- Elevation, distance and conditions.

2. Only one person needs to worry about planning the trip. It's fun to surprise everyone else!

- True
- False

3. How many spots should you mark for campsites when planning the trip?

- Just one. Everyone always stays at this campsite.
- A couple. We may encounter a problem and need to adjust.
- We have to choose campsites?
- None. You can choose when you get out there.

4. A good plan will help...?

- When you eventually get lost.
- Keep your loved ones happy.
- Defeat night zombies.
- You get out there and enjoy nature.

5. Who should you tell about your plan?

- Someone you trust and rely on to call for help if they don't hear from you.
- No one, you don't need to tell anyone the plan.
- The police, they will be fastest to respond if you need help.
- Write it down and leave it in a common area. Someone will see it.

6. What are some of the details you need to write down? **Select the 4 that apply.**

- What you want as a celebratory meal upon your return.
- What you're doing and where you're going.
- What to do if there is an emergency.
- Date and time you expect to be back.
- The list of music and books you are taking with you.
- Who is going with you and their contact information.

7. It's a good idea to make a plan to get in touch with someone when you get back at the expected date and time, just so they know you made it safely. True or False?

- True
- False

8. What is the first step they need to take if you don't get in touch?

- Call the police, even if you are 10 minutes late.
- Try to contact you, then someone else on the trip if they can't get you.
- Organize search and rescue.
- Nothing, you'll get in touch when you can.

9. The police should be notified of your lack of communication, only after all other options have been tried. True or false?

- True
- False

10. What is one of the biggest unknowns when adventuring in the outdoors?

- Animals
- If you'll get blisters
- The weather
- How hungry you'll get

11. It is essential to check the weather forecast for the entire duration of the trip and make changes to your plan in the event of unexpected bad weather. True or false?

- True
- False

12. In a forecast you are looking for weather warnings, amounts of recent and predicted rainfall, temperatures at different times and wind speeds. True or false?

- True
- False

13. Rain can create a significant risk because...? **Select the 3 that apply.**

- You are less likely to drink enough water and get dehydrated.
- You will not be able to use your phone touch screen.
- Wet clothing may lead to hypothermia.
- It makes rivers and streams rise rapidly and may obstruct your route.
- Your boots may become waterlogged and you may not be able to continue.

14. Most trails have a rating and you and your team need to be honest with yourselves about your own fitness and experience levels and choose a route to match. True or false?

- True
- False

15. What is "the key to making it home safely"?

- Bring enough food and water.
- Make sure you know the difference between what challenges to face today and what to save for another day.
- Walk fast and power through.
- Have emergency personnel on standby.

16. What are some things to consider when choosing a route for the whole group? **Select the 2 that apply.**

- Did you split the equipment evenly?
- Are there any medical conditions?
- Does everyone have an adequate fitness level?
- Does everyone have the right footwear?

17. Creating an emergency plan is a great idea. What are some things you would consider? **Select the 2 that apply.**

- What is the fastest way to a local restaurant.
- Alternative ways out.
- Where the nearest help is located.
- Who to call for an airlift out.

