

Travel Checklist

For First-Time Solo Female Campers

BEFORE YOU GO

- ☐ Share Your Trip Plans With A Friend Or Family
- ☐ Choose A Campground Close To Home
- ☐ Pack Essentials: First Aid Kit, Map, Phone, Etc.

SITUATIONAL AWARENESS

- ☐ **Trust Your Instincts—leave If Something Feels Off**
- ☐ **Note Landmarks, Trails, And Other Campers**
- ☐ **Stay Confident; Avoid Overexposing Valuables**

NIGHTTIME SAFETY

- ☐ Keep Flashlight/headlamp Within Reach
- ☐ Lock Car Doors When In It
- ☐ Carry A Whistle Or Safety Gear

EMERGENCY CONTACTS & TOOLS

- ☐ Save Local Ranger, Hospital, And Campsite Numbers
- ☐ Know Nearest Exits And Safe Spots
- ☐ Carry A Whistle Or Personal Safety Gear

CONFIDENCE BOOSTERS

- ☐ **Plan A Simple Schedule: Meals, Walks, Downtime**
- ☐ **Use Breathing Or Mindfulness Exercises If Anxious**
- ☐ **Remember: Preparation = Confidence!**

Your Notes:

