

# SOLO SAFETY FORM

Full name:

Nickname(s):

Name of location you will be exploring outdoors – provide any geographical details necessary, such as the trail you plan to be taking and landmarks nearby (if you know them ahead of time) to make it easier to find you in the event of an emergency:

Date this form is being filled out:

Date(s) of the expected outdoor activity:

Expected date and time of return:

Length of time expected to be away from returning to designated shelter:

Allergies and/or any other special medical needs/notes:

## Solo Safety Checklist:

- Solo Safety Form filled out and left with a loved one, friend or neighbor/roommate
- Phone
- Weather and climate check
- Current Map
- Water
- Road ID bracelet
- Find My Friends app
- (Optional) pepper spray, small knife/hatchet or registered and regionally/park-approved firearm