



8 IMPORTANT STEPS FOR A SUCCESSFUL
NATIONAL PARK ROADTRIP

PLAN BEFORE YOU GO GUIDE



JEMAINÉ[™]
the Traveling Goat



1. Pick the national park you want to visit

Visit <https://www.nps.gov> and find a park that interests you!

2. Pick the activity or activities you want to enjoy for you or your family

Check out “Plan Your Trip” on each park’s website at www.nps.gov for park activities. For kids, Ranger-guided and Junior Ranger programs are offered at many parks. In choosing your activity, be sure to consider these factors:

- **Level of Adventure:** Are you looking for a leisurely stroll, or would you rather white-water raft down the Colorado river? Or both? Don’t forget to check out activities available through approved park vendors.
- **Duration:** Will your activity last a few hours, or all day? How many activities do you want to plan in total? Give yourself time to drive the main park roads and enjoy the sites. Audio guides are available for many parks, free through www.nps.gov, or for a small fee from an outside vendor.
- **Difficulty/Skill level:** Do you need special skills? Take an honest assessment of the fitness level of your family members. A successful trip is one where every family member shares good memories.
- **Plan extra time for relaxation:** For large parks, you will need more than a couple days to really see everything. And you never know when you may want to stop for wildlife!

3. Learn about the hazards and environment of the park and be prepared

Every park is unique. Research the park's website and find out what risks or hazards may be associated with your activity so you can prepare. You may want to pack bear spray, insect repellent, anti-itch creams, or aloe gel for sun exposure.

POTENTIAL HAZARDS



INCLEMENT WEATHER



PHYSICAL ENVIRONMENT



POISONOUS PLANTS



WILDLIFE ENCOUNTER

4. Identify park requirements for your activity and your stay

These are found under the "Plan your Trip" menu on the park website. If you plan to camp at a campsite, reservations may be needed, and these fill up fast. Review requirements to see if you need:

- Permits/Reservations
- Open Fires Regulations
- Food Storage and disposal requirements
- Availability of Drinking Water Sources





5. If you plan to camp or do extended hikes, plan water, food and equipment needs

Test and practice with your equipment to ensure a safe trip.

- **Make a packing list** - Make sure you and your family have the necessary equipment (e.g. hiking boots, life jackets) including the 10 Essentials.
- **Do a test run** - Learn how to use your equipment properly.
Does everything work? How is the fit? Break in new hiking boots before the trip to avoid blisters!
- **Practice** - If you are planning a long trip, practice packing and carrying your backpack, as well as pitching your tent.

ALWAYS PACK THE **10 ESSENTIALS**



1. NAVIGATION
**MAP, COMPASS,
GPS SYSTEM**



2. SUN PROTECTION
**SUNGLASSES,
SUNSCREEN, HAT**



3. INSULATION
**JACKET, HAT, GLOVES,
RAIN SHELL**



4. ILLUMINATION
**FLASHLIGHT, LANTERNS,
HEADLAMP**



5. FIRST AID SUPPLIES
FIRST AID KIT



6. FIRE
**MATCHES, LIGHTER,
FIRE STARTERS**



7. REPAIR KIT & TOOLS
**DUCT TAPE, KNIFE,
SCISSORS**



8. NUTRITION
EXTRA FOOD



9. HYDRATION
**WATER, WATER
TREATMENT SUPPLIES**



10. EMERGENCY SHELTER
TENT, TARP

6. Create a Detailed Trip Plan, including the following:

- Camping/Lodging – arrange in advance, if necessary
- Road Maps and Directions – Is this a day trip or longer? Do you need to plan for lodging along the way? Where would be good stops for gas/food?
- Emergency Info – Document destination, group members, expected return time. Leave this with your emergency contact, a reliable person who is **NOT** going on the trip.

7. Be prepared with an Emergency Plan

What happens if someone becomes lost or injured? Make sure everyone knows what to do, and practice the plan. Do not count on cell phone reception!

8. Plan to be safe, but have fun!

Before you leave, consider downloading an app (NPS, REI, Nat Geo, Chimani) for that park to your phone, for up-to-date information and in case you need to resort to Plan "B."



VISIT JEMAINÉ ONLINE:

<https://jemainethegoat.com>