

OUT LIVING IT PROJECT ADVENTURE CHECKLIST

CHOOSE YOUR GROUP SIZE

Is it a solo adventure, or are friends and family out living it with you? Have you spread the word on social media to invite adventure buddies?

PICK AN ACTIVITY

What adventure sports are you stoked on? What is your group's comfort and ability level? You could surf, paddle, climb, hike, bike, camp, compete...with our outfitter connections, the options are endless!

SELECT A LOCATION

What area are you adventuring in? Do you need permits or passes to access it? Do you have transportation or carpool plans?

SET YOUR DATES

When are you out living it? Is your adventure a single day, a multi-day, week-long or longer? When choosing the time of year, don't forget to consider weather, daylight and possible natural disasters.

CHOOSE AN OUTFITTER

Check out FD's list of vetted outfitters, or research outfitters in your area. Remember to ask them if gear, instruction, food, transportation, and lodging are included! It's also worth asking about private vs group offerings, and what their cancellation/refund policy is.

BOOK YOUR LODGING

Remember to book your lodge, hut or hotel taking proximity to the activity into account. We recommend checking out AirBnB and VRBO, and always read the reviews! If you're camping, check the condition and contents of your tent before departing.

CREATE A SAFETY PLAN

Make sure you have necessary first aid, meds, gear, sun and bug protection. Will you have cell service during your adventure? It's a good idea to let someone know where you're going before you head out, and notify them upon your return!

PACK FOOD AND HYDRATION

Pack healthy snacks and plenty of water. For overnight adventures, try planning out your meals before you hit the grocery store. Consider weight, space and perishability, too. Check out FD's Out Cooking It recipes for inspiration!

LAYER & GEAR UP

Ask what gear the outfitter provides, and remember that for outdoor activities, wool and synthetic layers are better than cotton. Check the weather again before you go!

HAVE FUN, SOAK IT IN, AND TAG #OUTLIVINGIT