

The TrailBound Starter Sheet

Free beginner field reference | Download and keep on your phone

TRAILBOUND OUTDOORS | FIELD GUIDE SERIES

Before choosing a trail

- Choose mileage that matches your current conditioning, daylight, and expected pace.
- Confirm trail access, camping permissions, fees, fire restrictions, closures, and parking with the managing agency.
- Check weather forecasts and how conditions may differ on ridgelines, at elevation, and at night.
- Tell a trusted person your route, trailheads, intended return time, and a plan for delayed return.

Day-hike essentials

- Navigation you can use without data: an offline map and a physical backup.
- Water carried for your conditions, plus appropriate treatment when relying on natural sources.
- Food and extra calories, first aid, personal medicines, and a headlamp.
- Weather protection, warmth, sun protection, and an emergency layer.
- Whistle, communication device where appropriate, and spare battery power.

Overnight additions

- Shelter approved for the site, rain protection, and a sleep system rated for forecast lows.
- Camp food preparation or no-cook meals, food storage that complies with site rules, and sanitation supplies.
- Spare dry socks and a dry sleeping layer.
- Check capacity and total loaded weight using your actual gear, food, water, and fuel.

Critical offline navigation note

TrailBound can record location points without cell data while location permission and your device allow it. A stored GPS line is not a complete navigation map. The offline coordinate grid does not show trails, cliffs, water, property boundaries, or escape routes. A topographic offline map requires a licensed map-data download, which is not included. Web tracking may stop when the phone is locked.

Never rely on one battery-powered device as your sole navigation or emergency option.