

Pre-Trip Proof Testing Checklist © Cyril Shokoples 2003 Version 1.0

- Conflict proof**
(Introductions / Clarify objective for the day or trip)
- Lawyer proof**
(waivers / medical forms / backcountry use permits / regulations / insurance / Parks Wilderness Pass / Parks Registration)
- Insomnia proof**
(campsite, hut bookings / tent, fly, poles / earplugs)
- Nightmare proof**
(car keys / car shuttle arranged / tent mates arranged)
- Mismatch proof**
(right objective/ right route / right participants / right leaders)
- Panic proof**
(first aid kit / radio / cell phone / satellite phone / PLB / spare batteries for electronics / signaling / emergency numbers / rescue gear / improvised sled)
- Illness proof**
(medications / prescriptions / diet restrictions / Past medical problems)
- Ignorance proof**
(Avalanche and Wx forecasts / rescue plan / hazard assessment / safety talk for helicopter or snow cat or snowmobile)
- Wander proof**
(map / compass / altimeter / GPS & batteries / route card & description / guidebook)
- Fall proof**
(rope / harness / helmet / Prusiks / carabiners / slings / rock protection)
- Dark proof**
(headlamp & batteries / shelter / bivouac / matches / lighter)
- Weather proof**
(clothing for rain / cold / wind / snow / hats / gloves / jackets / pants)
- Sun proof**
(glasses / goggles / lip protection / skin protection)
- Starvation proof**
(water / food / special dietary needs / survival kit / stove / fuel / pots / bowl / cutlery)
- Slip proof**
(crampons / ice axes / ice screws / skins / ski poles)
- Snow proof**
(skis / ski poles / snowshoes / snowboard / skins)
- Avalanche proof**
(transceivers & batteries / probes / shovels / Rutschblock cord / snow study kit / transceiver practice / **transceiver check each day**)
- Breakdown proof**
(knife / cord / repair kit / spare batteries / bush saw)
- Separation proof**
(leader and sweep identified / pacing / planning / watching)
- Idiot proof**
(Can anyone think of anything else ?)

Better to start slow and pick up the pace than start fast and pick up the pieces.

Remember the most important half hour of the day

- *the first 15 minutes and the last 15 minutes*