

Trip Planning Resources

Backpacking trip planning basics <https://www.backpacker.com/skills/plan-a-big-backpacking-trip>

Backpacking gear checklist <https://www.rei.com/learn/expert-advice/backpacking-checklist.html>

Canoe trip planning basics <http://canoeing.com/beginner/planning-a-canoe-trip/>

Canoe checklist <https://www.rei.com/content/dam/documents/pdf/checklist-canoe-multiday-touring.pdf>

Tips for a day trip <https://www.theoutbound.com/joe-whitson/7-tips-for-planning-your-perfect-day-trip>

Meal planning <https://thehikingadventure.com/backpacking-meal-planning>

How to pack a backpack <https://www.rei.com/learn/expert-advice/loading-backpack.html>

Items for a first aid kit <https://blog.nols.edu/2016/06/03/27-considerations-for-a-first-aid-kit>

Emergency plan <https://blog.nols.edu/2017/06/06/make-a-solid-trip-plan>

A guide to instant coffee :) <https://www.greenbelly.co/pages/best-instant-coffee-brands>