

# THE 10-MINUTE SOUTH CANADIAN ROCKIES TRIP PLANNING BLUEPRINT

**HOW TO PLAN A BETTER,  
SAFER, MORE MEMORABLE  
ROCKIES EXPERIENCE**



# TRIP PLANNING 101

- Plan your route
- Check:
  - Government advisories
  - Weather forecast
  - Avalanche forecast
  - Wildlife information
  - Water levels
  - Road conditions
- Pack for your adventure
- Leave for your adventure

# PLAN YOUR ROUTE

Uplift offers navigation courses to learn how to use maps, compass, and technology to navigate.

- Maps
- Guided books
- Online blogs (like ours!)
- Google Earth
- Apps

## DETERMINE THE LAND DESIGNATION

Each land designation has different sets of rules. The responsibility falls on the recreationalist to know where they are exploring. i.e. private land, provincial park, or national park? Tools that can assist you:

- Landowner Maps (ie Municipal, gem trek maps)
- iHunter app
- [Recreational Access Internet Mapping Tools](#)

# HOW LONG WILL YOUR ADVENTURE TAKE?

Estimating time will vary based on the individual and the terrain they are travelling through. This is an example of a calculation based on on-trail and summer hiking.

- Distance and Time (Summer and On-Trail)
  - 3km = 1 hour
  - +300m elevation = 1 hour
  - -300m elevation is neutral
- Example 15km with 900m elevation gain

## GOVERNMENT ADVISORIES

- [Alberta Park Advisory](#)
- [National Park Advisories](#)
- [Public Land Advisories](#)

# WEATHER FORECASTS

Get a more precise forecast. Check more than the temperature. Also look at sunrise/sunset, wind, freeze level, cloud cover, and more.

- [Mountain Forecast](#)
- [SpotWX](#)
- [Windy](#)
- [Environment Canada](#)

# AVALANCHE FORECAST

Travelling in the fall, winter or spring? Take an AST course, but also check for avalanche conditions and terrain. Here are some examples.

- [Avalanche Canada](#)
- Gaia Mapping
- [Waterton Lakes - Avalanche Terrain](#)

# WILDFIRE INFORMATION

With wildfires forecasted to increase, become familiar with including this in your trip planning.

- [Alberta Fire Restriction](#)
- Wildfire in Action
  - [Alberta](#)
  - [British Columbia](#)
  - [Smoke Conditions](#)

# WATER LEVELS

Water crossings might be a thing on your adventure. Keep in mind that in early spring or with glacier melt, the creeks may run low in the morning, but high in the afternoon once the sun melts the snowpack. Get an idea of what the water levels are doing.

- [Water Levels](#)

# ROAD CONDITIONS

Make sure you can get to your adventure. For backcountry roads, usually these closures are reported on government advisories.

## Road Conditions

- [511](#)
- [Drive BC](#)



# PACKING CHECKLIST 10 ESSENTIALS

This is a list of the 10 essentials, but you should be considering what additional things to pack once you have completed your trip planning. For example, if you know that the weather forecast is going to be cold then you are also packing extra clothing. Or if you find out that you won't have water for a high ridge adventure and it is going to be hot out, then you are packing extra water.

- Navigation Tool
- Illumination
- Sun protection
- First aid kit
- Knife
- Fire Starter
- Shelter
- Extra food
- Extra water
- Extra clothes

# LEAVING FOR YOUR ADVENTURE

Many people will have a Plan A, B & C. Communicate these with your emergency person. At Uplift Adventures, we have a Duty Officer on-call during all of our out-trips and we communicate this information with our Duty Officer.

- Let someone know where you are going
  - Location
  - Expected time back
  - What to do if you miss your check in time
  - Who you are going with
  - Emergency contact information
  - Stick to your plan
- [AdventureSmart - Leave a Trip Plan](#)

# SHOULD YOU GO SOLO OR HIRE A GUIDE?

## GO SOLO IF:

- Experienced in mountain terrain
- Comfortable with changing conditions
- Have flexible plans

## GET A GUIDE IF:

- First time in the Rockies
- Family or mixed abilities
- Limited time to plan or in the area
- Want to learn about the area

# LET UPLIFT ADVENTURES DO THE HEAVY LIFTING FOR YOU

- We plan the trip & know the best spots
- We prepare the gear
- We mitigate the risks
- We save you time
- You learn from expert knowledge
- You have a MEANINGFUL connection to the place you visit

## BE PREPARED

- [Book a trip](#)
- [Take course](#)
- Learn more from our blogs
  - [Spring hiking in the Canadian Rockies: 4 safety tips](#)
  - [Backpacking tips and tricks for beginners](#)
  - [8 practical outdoor skills you'll learn with our courses](#)