

# Tech Prep Checklist for Outdoor Adventures

## Before You Leave

- Smartphone Preparation**
  - Ensure your phone is fully charged.
  - Install and update all necessary apps mentioned in the blog (e.g., OS Maps, Komoot, First Aid by British Red Cross).
  - Register and set up any apps that require login.
- Backup Power Sources**
  - Pack portable chargers or power banks.
  - Consider solar-powered chargers if in remote locations.
- Data Management**
  - Download offline maps and routes.
  - Save key locations (like campsites or waypoints) on your GPS app.
- Emergency Setup**
  - Program emergency contacts into your phone and relevant apps.
  - Enable location sharing with a trusted contact.
- Gear Integration**
  - Check compatibility of any wearable tech (like GPS watches or fitness trackers) with your smartphone.
  - Ensure all devices are synced and functional.

## Packing Essentials

- Tech Gear**
  - Waterproof phone case or bag.
  - Additional memory cards or storage devices for backups.
- Weather-resistant covers for any tech gear.**
- Communication Tools**
  - Consider a satellite phone if traveling to areas with poor mobile coverage.
  - Pack a multi-purpose tool with digital capabilities, if available.
- Navigation Tools**

- Physical maps as backups to digital versions.
- Traditional compass or a GPS device as a supplement to smartphone apps.

## On the Trail

- Battery Management**
  - Use energy-saving modes on devices.
  - Turn off unnecessary apps running in the background to save battery.
- Regular Check-ins**
  - Use apps like what3words or Zello Walkie Talkie for periodic check-ins with your contact.
- App Usage**
  - Regularly consult weather apps for updates.
  - Use navigation apps to confirm you're on the right path.
- Safety Protocols**
  - Follow prompts from first aid apps in case of emergencies.
  - Consult survival apps for tips on shelter, finding water, and more.

## After Your Adventure

- Sync the Data**
- Upload** any new data from your trip (like GPS tracks or waypoints) to your apps or cloud storage.
- Review and rate** apps based on your experience to help improve them.
- Gear Maintenance**
  - Clean and store all tech gear appropriately.
  - Check for updates or necessary repairs on tech used during the trip.
- Review and Learn**
  - Reflect on the usage of tech during your trip and note any gaps or additional needs for future adventures.
  - Plan for any app additions or replacements needed for next time.



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