



Enjoying your adventure isn't just about picking the perfect place; it's about preparing for anything. [Prepare Yourself](#) is a national public safety initiative from SPOT designed to promote outdoor readiness and responsibility. Advanced planning such as researching your route, learning First Aid and CPR and knowing how to use your safety equipment can help ensure your outing is both enjoyable and safe.

The best adventures start when you're prepared. No matter what adventure you're planning, equipping yourself with the proper knowledge, skills and well... equipment will help prepare you for the great outdoors. The SPOT Prepare Yourself Check List is a good place to start!

1. Do your research.
2. Hone your skills.
3. Choose your equipment. (SPOT !!)

For more information on outdoor preparedness, including the detailed Prepare Yourself checklist, check out [findmespot.com/prepared](http://findmespot.com/prepared) .