

Before You Go:

Mapping and Emergency Communications

1) Tell someone where you are going (your parents) If plans change at the trailhead, simply send (text) the new information.

2) If it's a longer ride, send a check-in text occasionally with your location.

"Hi Mom. We're at Mt Lukens, headed over to Grizzly Flats"

3) Plan your ride and share it! Screen swipe a quick map of the trail you intend to ride. This way we know where you are.

Trail Forks by PinkBike - (Screen Swipe and text to Mom and Dad)

<https://www.trailforks.com/>

MTB Project by REI - (Screen Swipe and text to Mom and Dad)

Additionally, this has a "share-the-trail-function" that's email-able.

<https://www.mtbproject.com/>

3) Have some sort of emergency communication. Or, know how to use what you have.

A) In reach Mini (REI - \$350)

<https://www.rei.com/product/140110/garmin-inreach-mini-2-way-satellite-communicator>

B) Cell Phone | limited coverage and battery life. Consider bringing a small backup battery | Text only in the backcountry

Strava

Emergency Notification via Strava - this is a function inside Strava if you are paying for the APP. Worthy of buying for your training too.

<https://support.strava.com/hc/en-us/articles/224357527-Strava-Beacon-Summit->

Google Maps

Emergency Medical System (EMS) - If you need to communicate with EMS - Do you know how to provide GPS coordinates from Google Maps? Pretty easy. But, know how to do it!

Get the coordinates of a place

1. On your Android phone or tablet, open the Google Maps app .
2. Touch and hold an area of the map that isn't labeled. You'll see a red pin appear.
3. You'll see the coordinates in the search box at the top.