# Solo Adventure Playbook

This playbook outlines the sequential steps for individuals to safely engage in adventure activities such as hiking, scuba diving, and skydiving while traveling solo. It provides guidance from preliminary research to post-activity reflection.

### Step 1: Research

Perform thorough research on the chosen adventure activity. Look for reputable organizations, read reviews, and learn about the location's safety standards. It's also important to understand the physical and skill requirements for the activity.

### Step 2: Physical Prep

Prepare yourself physically for the activity. This may include exercising, acclimatizing to the altitude, or practicing relevant skills in a controlled environment.

### Step 3: Gear Check

Ensure you have all the necessary gear and equipment. Rent or purchase items as needed, and learn how to use them correctly.

### Step 4: Safety Measures

Identify safety measures pertinent to the activity, such as checking weather conditions, understanding emergency procedures, and knowing who to contact in case of an incident.

### Step 5: Local Knowledge

Acquire local knowledge by talking to locals or guides. They can provide valuable information on hidden dangers, best practices, and tips specific to the area.

### Step 6: Travel Arrangements

Plan and confirm your travel arrangements to the activity location. This includes transportation, timings, and meeting points.

### Step 7: Activity Engagement

Engage in the adventure activity, following all guidance from the professionals, and respecting the local environment and regulations. Stay within your comfort zone and skill level.

### Step 8: Post-Activity

After completing the activity, take time to reflect on the experience, note any learnings, and ensure you leave no trace of your visit. Share your experiences with others and provide reviews to help future solo adventurers.

## General Notes

### Insurance

Consider obtaining travel or adventure insurance that covers the specific activities you plan to undertake, especially for more extreme sports or remote locations.

### Local Contacts

Have a list of emergency contacts, including local emergency services and the nearest embassy or consulate, stored in your phone and kept as a physical copy.

### Communication Plan

Create a communication plan, detailing when and how you will check in with friends or family during your adventure activity to assure them of your safety.