

NIGHT-READY 60-SECOND CHECK

Pause before you leave. Tick the essentials. Build the route before the route gets difficult.

DESTINATION _____

CHECK-IN TIME _____

BACKUP CONTACT _____

01 / FIELD CHECK

ROUTE

- ☐ Primary route checked
- ☐ Backup route or transport chosen
- ☐ Safe, staffed locations identified
- ☐ Weather and service alerts checked

02 / FIELD CHECK

CONTACT

- ☐ Someone knows where I am going
- ☐ Phone charged; power cable packed
- ☐ Emergency contacts accessible
- ☐ A check-in time is agreed

03 / FIELD CHECK

CARRY

- ☐ ID and two ways to pay
- ☐ Essential medication and water
- ☐ Compact torch or phone light
- ☐ Weather layer and suitable footwear

04 / FIELD CHECK

IF IT CHANGES

- ☐ Move toward light, people, or staff
- ☐ Create distance; avoid confrontation
- ☐ Call a trusted contact or emergency service
- ☐ Protect attention; keep valuables discreet

60-SECOND DECISION

IF THREE BOXES ARE BLANK, FIX THEM BEFORE YOU LEAVE.