

# SURVIVAL PACK



It's great to be out in the forests and woodlands enjoying a fun hike. But, whether you are planning to be out for a few hours, or a day or more, it is essential for your survival to be prepared in case something goes wrong.

- ❖ ALWAYS let someone know where you are going, what you are doing, and when you plan to be back. When you arrive back at home, please do that person the courtesy of notifying them that you have safely returned.
- ❖ Your day pack or fanny pack should include, at the bare minimum, the following:

**Extra Drinking Water**- Dehydration will increase the probability of hypothermia and fatigue. Do not count on finding fresh water when you need it.

**Extra Food** – Items like energy bars are light, easily carried, and loaded with nutrients.

**Extra clothing** - Items such as socks, extra layers, warm hat and dry gloves, will keep you warm and help prevent hypothermia. You can become hypothermic in temperatures as warm as 50 degrees (F). Wool is excellent, as it will keep you warm even when it's wet.

**Sunglasses**- Our high country sun is very strong, and can cause eye fatigue and discomfort. Sunglasses also protect your eyes from wind.

**Pocket Knife** – Invaluable for many purposes – cutting, scraping, building. Many pocket knives contain additional useful tools, all in a compact, lightweight package.

**Compass**- If you get lost this could be a lifesaver. Know how to use it!

**Fire Starters** – Matches and lighters are a must in case you get stuck out overnight and need a fire to stay warm. Know how to build a fire!

**Whistle** - Easier on your throat and carries much better, if you need to yell for help.

**Flashlight/Headlamp** – It can be really dark at night in the wilderness – especially if the sky is cloudy. Not only will you need it to see, it can be a great comfort if you are lost or hurt.

**Space Blanket** – Light, cheap, and easy to pack, this will give you a dry surface to sit on. It can be used as a windproof & waterproof outer layer, a heat reflector, a wind blocker and a shelter.

**Personal First Aid Kit** – At minimum it should contain band-aids, painkiller such as aspirin or ibuprofen, duct tape, first aid tape, gauze, alcohol/iodine wipes, and blister care.