



Mandatory Items:

- Copy of Trip Plan and Medical Forms (sealed)
- Zip Lock with Labeled Medication for Specific Participants
- Whistle
- Compass
- Knife
- Waterproof matches
- Flint and steel
- Water purification tablets
- 6ml plastic sheet
- Off Site First aid Kit (Appendix E)
- Extra Copy of Maps (sealed)

Recommended Items:

- Two Two-Way Radios (sealed)
- Cell Phone (sealed)
- Flashlight and headlamp
- Extra Batteries... including cell phone battery (sealed)
- Emergency Blanket
- Extra clothing for season (cold, rain, hot, etc.)
- Healthy snacks
- Duct Tape
- Sunscreen (min 25 spf)
- Bug Spray
- Candle / Fire starter
- Solar Power Cell phone charger