



BASIC GEAR CHECKLIST

JUST THE ITEMS THAT WILL KEEP YOU SAFE,
DRY AND COMFORTABLE.

Basic Gear

UNACCEPTABLE



ACCEPTABLE



What to bring

- ▶ 1. WATER! The club minimum is two quarts (64 ounces) and more for longer, hotter hikes.
- ▶ 2. Compass & Map--know how to use them.
- ▶ 3. Daypack--lightweight pack to store water, food, and basic necessities.



What to bring



- ▶ 4. Food--something lightweight but nutritious, high in carbohydrates.
- ▶ 5. Extra Clothing
- ▶ 6. Matches
- ▶ 7. First Aid Kit
- ▶ 8. Flashlight

What to bring

- ▶ 9. Sunscreen & Hat
- ▶ 10. Whistle
- ▶ 11. Comb and Tweezers



Always tell someone
where you are going

Or

Leave a note in your car with Date,
Time, Trail, Destination and return time.
This could be you.



Things you wish you had with you



Larger First Aid Kit

Sam splint

Elastic bandage

Imodium



Extra's

Plastic Shield for CPR



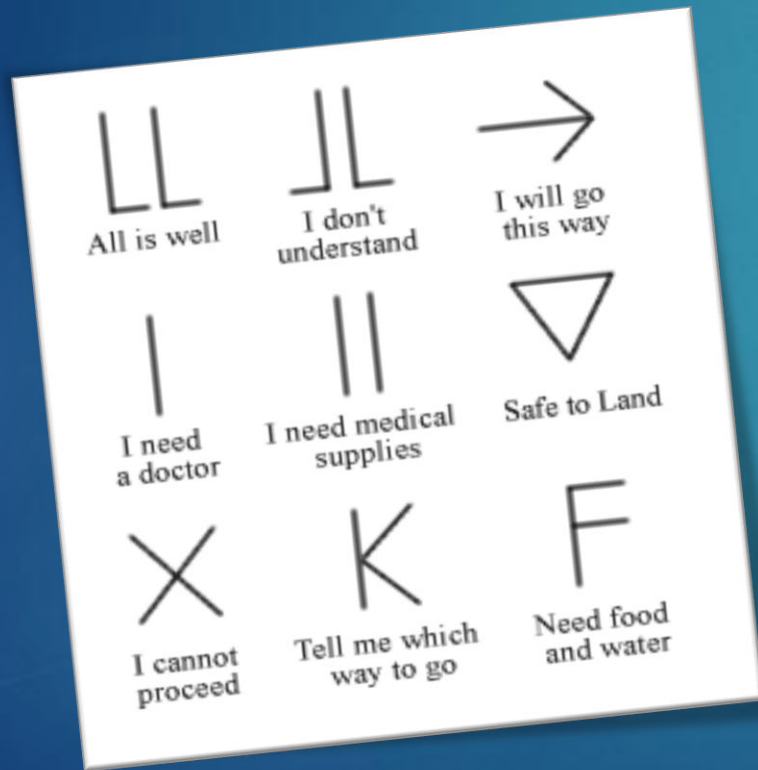
Cell Phone



EXTRA'S

Orange Rescue Panels

NYLON CORD



EXTRA'S

Climbing Rope



EXTRA WATER



EXTRA's

GPS



MONEY



Extra's

TWO WAY RADIOS



NOTEPAD & PENCIL



THE END/SHORT BREAK

