

OUTDOOR TRAVEL ESSENTIALS



- Current map of the area and compass. Know how to use them!!!
- Large orange coloured plastic bag - useful as emergency shelter, signaling device or rainwear.
- Flashlight and spare batteries (keep batteries warm in cold weather).
- Extra food and water.
- Extra clothing that is stored in a watertight plastic bag - rain and wind clothes, toque and gloves, sweater and warm pants (NOT Jeans!), and proper footwear.
- Sun / Insect protection - sunglasses, sun- screen, hat, long-sleeved shirt and pants.
- Sturdy pocket knife.
- Windproof/Waterproof lighter and matches.
- Candles and/or firestarter (efficient fire-building in adverse weather MUST be learned before you venture out!)
- Check weather forecasts and travel concerns prior to departure. When boating always wear a PFD.
- First aid kit - (training is required to develop skills needed for proper first aid.)
- Whistle, small lightweight ground insulation, projectile-type flares, tarp, space blanket, flagging tape, notebook and pencil.

*Are YOU prepared and equipped to spend
the night outdoors if you get lost?*

*REMEMBER: unexpected delays, bad weather
or injuries can turn any outing into an extended crisis.*

