

Essential Items For Your Day Pack

The following is a list of items that we recommend for carrying in your day pack.

- Compass (or GPS unit provided you are also carrying extra batteries and are not going into terrain that might limit the unit's usefulness)
- Extra clothing
- Extra food and water
- First aid kit
- Headlamp or flashlight (with extra batteries)
- Knife or multi-tool
- Map (in a watertight case)
- Matches (storm proof, or in a watertight container) and fire-starter
- Space blanket
- Sunglasses
- Sunscreen
- Whistle, standard signals are:

• # Whistles	• Meaning
• 1	• Where are you?
• 2	• Come to me!
• 3	• Emergency!

Other Items

Although not typically listed amongst the essential items, the following items can greatly increase your comfort in the wilderness and can be life-savers in the event you are unexpectedly forced to spend the night in the wilderness:

- Hat
- Large orange garbage bag - will help keep you dry, can be used for a shelter and is also useful in signaling air borne search and rescue.
- Sit upon - helps insulate your body from heat loss to the ground. • Water filter (or other method of water treatment)