

The 10 Essentials

Take these on every hike.
They could save your life.

1. Map and compass



2. Water and extra food



3. Sun protection



4. Matches



5. Fire starter



6. Extra clothing/rain protection
(include bright colors for visibility)



7. Pocket knife



8. First aid kit



9. Flashlight and extra batteries



10. Whistle



ON YOUR MARK, GET SET . . . ARE YOU REALLY READY TO GO?

Before you head out on the trail, stop and consider: Are you prepared?

Think of Safety Before and During Your Hike

- Plan your trip. Research the route length and difficulty. Bring the "10 Essentials."
- Check weather conditions and dress appropriately. Don't hike on peaks or open ridges in a thunderstorm or snow storm.
- Tell someone where you are going and when you plan to return.
- Don't rely on a cell phone for emergency assistance. You might have dead batteries or no signal.
- Don't hike alone. Keep your group together.
- Hike only during daylight.
- Stay on the trails. Don't take shortcuts.
- If you get lost, STOP! Move to a clearing, put on bright colors, blow your whistle, and stay in one place so searchers can find you.
- Always carry identification and any medical information that emergency responders may need.

