



10 Outdoor Essentials

for

Safe Experiences

Navigation

- Know where you are going, know the terrain
- Map , compass, GPS

Sun protection

- Sunglasses, sunscreen, head cover, etc.
- Bug repellent

Insulation

- Extra clothing (think layers)
- Jacket, windbreaker with liner
- Remember – shoes/boots, no flip-flops.

Illumination

- Headlamp, flashlight, mini-light

First-aid supplies

- Personal kit
- Rescue whistle

Fire

- Waterproof matches, lighter, candles

Repair kit and tools

- Knife, multi-tool, duct tape, wire, other items as needed

Nutrition

- Food, energy bars, etc.

Hydration

- Hydration system (Camelback)
- Minimum 1 liter

Emergency shelter

- Emergency blanket, plastic sheeting

Lake County Search & Rescue