

24 HR PACK – 9-20-07

1. High-quality fixed blade knife
2. Multi-blade knife or suitable pliers, screwdriver emergency tools.
3. Compass suitable for orienteering
4. Fire starting kit with Tinder, Metal Match and or other ignition source in waterproof container
5. Personal first aid kit (see list below for requirements)
6. Whistle
7. Signal mirror (mirror in compass is sufficient)
8. Emergency shelter material
9. Hat and gloves for warmth (if cold weather expected consider mittens)
10. Watch
11. Sunscreen, for general body and lips
12. Insect repellent
13. Flagging tape, 20'
14. Note pad (waterproof paper preferred) and 2 pencils
15. Fifty feet of light rope or heavy line
16. Two light sources with extra batteries and extra bulb: Flashlight, head lamp, lantern
17. Rain gear. (Pants and jacket, or poncho and gaiters or chaps, hood or rain hat)
18. Saw: chain link hand saw, or small pruning saw
19. toilet paper
20. Utility gloves
21. Measuring device 18-inches minimum
22. Eye protection -- safety glasses for night and sunglasses that are impact resistant are required.
23. Metal cup, tin can or pot suitable for using over an open fire or pack stove
24. Footwear appropriate for terrain and conditions (gaiters recommended)
25. One-day supply of food that does not require cooking
26. Clear plastic zip lock bag or plastic map case
27. Backpack suitable for carry supplies listed above and rain cover or plastic bag or everything water sensitive packed in plastic bags in pack
28. Minimum 2 quarts water, and appropriate methods for making additional potable – enough for you and your dog given the environment. Filter, Steri-pen or chlorine dioxide (not iodine) tablets

PERSONAL FIRST AID KIT (minimum requirements)

All first aid items should be kept waterproof, inspected periodically and items replaced as needed.

1. CPR face shield or pocket mask
2. Personal prescription medicines
3. Assortment of band-aids and sterile dressing and bandage materials. (Including self adherent roller bandage, trauma dressing, triangular bandage, elastic wrap)
4. First aid adhesive tape
5. Mole skin
6. Pain relievers (aspirin, acetaminophen, ibuprofen)
7. Antihistamines (chewable Benadryl recommended)
8. Clean latex or nitrile gloves (two pairs minimum, may be stored in film canister)
9. Safety pins
10. Scissors
11. Tweezers
12. Razor blade, single edge
13. Cotton swabs
14. Aluminum core foam padded splint (SAM splint or equivalent)