

10 ESSENTIALS CHECKLIST FOR EVERY ADVENTURE



SUN PROTECTION

Sunglasses,
Sunscreen, Hat



HYDRATION

Water, Water
treatment supplies



NUTRITION

High energy Food



FIRST AID KIT

Premade or DIY



ILLUMINATION

Flashlight, headlamp



FIRE

Matches, Lighter,
Fire Starter



NAVIGATION

Map, Compass, GPS
device or app (Gaia,
Alltrails)



INSULATION

Jacket, Gloves, rain
shell, thermal
underwear



REPAIR KIT & TOOLS

Duct tape, knife,
screwdriver, scissors



EMERGENCY SHELTER

Tent, space blanket,
tarp, bivy





**BEFORE
YOU GO:**

Check Mountain Weather:

www.weather.gov

www.mountain-forecast.com

Tell someone where you are going and when you'll be back. Don't divert from the plan. Send your contact a pic of what you are wearing.