

## ABOVE Packing Essentials

***Whether participants are embarking on a day trip or an overnigher, the following items should be considered for carry by an individual or divided amongst a team:***

- Flashlights (handheld and headlamp)\*
  - Clothing
    - Base layer
    - Insulating layer (fleece)
    - Waterproof/windproof layer\*
    - Extra socks
    - Hiking boots (water proof)
    - Rubber boots (water proof)
    - Rain gear (pants and shell)
    - Hats for warmth, rain, and sun
    - Warm, water resistant gloves\*
  - Communication equipment
    - Sat Phone\*
    - Personal locator beacon
    - Radio and batteries
  - Navigation
    - Paper Maps
    - Compass
    - GPS/Extra batteries
  - Bug deterrent\*
  - Headnet/bug jacket\*
  - First aid kit\*
  - Sunscreen
  - Sunglasses\*
  - Water bottles
  - Insurance cards
  - Extra snacks\*
  - Ziplock baggies
  - Trash bag
  - Multi-tool\*
  - Prescription drugs or glasses
  - Matches/lighter/fire starter/candle
  - Water purification tablets/steri-straw
  - Whistle
  - Duct tape
- Bear protection (bells, spray, etc)\*
  - Pocket mirror
  - Foil
  - Blizzard bag/emergency blanket
  - Chapstick



\*Mentioned in the ABOVE Safety Orientation