

PRO TIPS

WHAT'S IN MY PACK?

- WATER (+COLLAPSIBLE BOWL FOR DOGS), ELECTROLYTES
- SALTY AND SUGARY SNACKS
- FULLY CHARGED CELL PHONE AND (SOLAR) CHARGER; (ENSURE MED ID INFO IS UPDATED)
- LARGE BANDAIDS, COBAN WRAP, GAUZE PADS, ADHESIVE TAPE, TRIANGLE BANDAGE, SPLINT
- SANITIZER, FACE MASKS, NITRILE GLOVES
- COLD PACKS, COOLING TOWELS, CLEAN BANDANA
- COMB, MULTI-TOOL, KNIFE, TWEEZERS
- POTTY PACK: HAND SANITIZER, TISSUES/TOILET PAPER IN BAGGIE (FOR SANITARY TRANSPORT OUT)
- EXTRA SHOELACES, DUCT TAPE
- SUNSCREEN AND RAINCOAT (PONCHO)
- EMERGENCY BLANKET, HEADLAMP
- PEN/PENCIL, SMALL NOTE PAPER
- PRESERVE MAP, OR PHOTO OF MAP