

Outdoor Survival Kit

When going on outdoor excursions, whether it be summer or winter, take along a basic outdoor survival kit in case of emergency. You should be sure to have:

- Matches (in a waterproof container)
- Orange plastic garbage bags (to keep you warm and dry)
- High-energy snacks (granola bars or trail mix)
- Whistle
- Pocket knife
- Compass (know how to use it!)
- Lightweight survival blanket
- Reflector or hand mirror (for signaling)
- Insect repellent
- Antibiotic ointment
- Plastic bandages

Be sure to replenish your kit at least once a year!