

# OUTDOOR ESSENTIALS

BE PREPARED AND KNOW BEFORE YOU GO!

1 appropriate footwear



2 printed map



3 4

extra extra  
water food



5  
extra clothing



6 emergency items



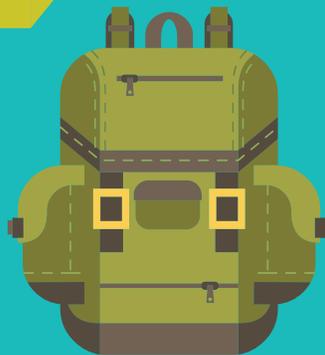
7 first aid kit



8 knife or multi-purpose tool



10 backpack



9  
sun hat,  
sunscreen,  
sunglasses

