

OUTDOOR ESSENTIALS

BE PREPARED AND CARRY THESE ESSENTIAL ITEMS

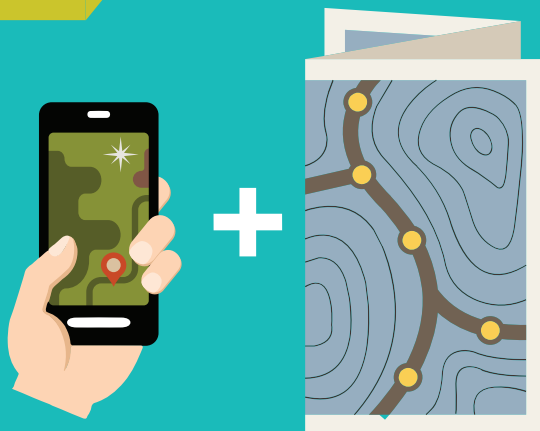
1

appropriate footwear



2

printed map



3

4

extra water extra food



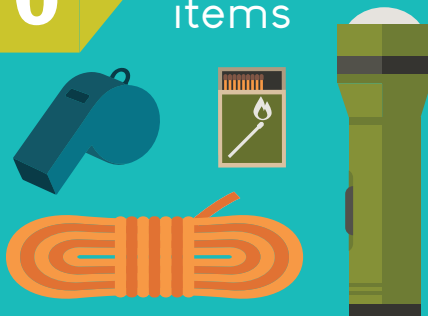
5

extra clothing



6

emergency items



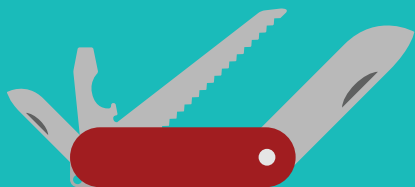
7

first aid kit



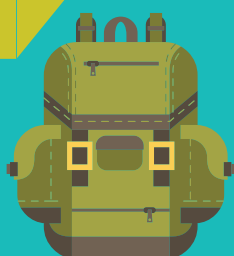
8

knife or multi-purpose tool



9

backpack



10

sun hat, sunscreen, sunglasses

