



**To ensure your survival under changing weather conditions;
For personal safety;
To prevent hypothermia or death -**

At all times when you are when you are

| | | |
|-------------|--------------------|---|
| Backpacking | Skiing | Seriously consider carrying the items listed below. |
| Caving | Snowmobiling | |
| Canoeing | Snowshoeing | |
| Kayaking | Winter Driving, | |
| Day Hiking | or | |
| Fishing | Enjoying Other | |
| Hunting | Outdoor Activities | |

Backpacker Magazine, September 2003: The New 10 Essentials

1. **Your** type headache/sinus/minor pain stuff
2. Appropriate extra clothes
3. Band-Aids ®
4. Compass
5. Couple Ziploc ® bags, leaf bag
6. Cup
7. Emergency blanket
8. Extra food; at least one meal (One extra meal x three hikers = one day's food for one person if help is needed)
9. Flashlight w/extra batteries and bulb
10. Fire starter; drier lint, fire cube, cotton balls rolled in petroleum jelly and stored in film can, votive candle, priming paste [Lint from your navel makes a handy fire starter.
Warning: Remove lint from navel before applying match.]
 - a. Make sure the cotton balls are real cotton, not the newer nylon cosmetic balls that will be ineffective.
 - b. Hand sanitizer works well, but (**warning !!**) watch out for invisible (!!) alcohol flames.
 - c. Also try potato chips or Fritos ®, loaded with fat.
11. Kerchief
12. Knife
13. Matches; waterproof and protected, or vacuum packed
14. Moleskin ®
15. Pencil (pen will freeze) and pad
16. Rain gear / shelter (poncho, or plastic sheet, or space blanket and nylon cord for emergency shelter)
17. Stove (backpacking or heat tab type, with fuel or heat tabs)
18. Sun Protection (sunscreen, sunglasses, clothing)
19. Tea (watch caffeine) - soup / bouillon (watch salt) - cocoa (watch sugar and caffeine) sugar for energy
20. Water
21. Water tablets
22. Whistle

1. Navigation (maps & compass)
2. Sun protection (sunglasses & sunscreen)
3. Insulation (extra clothing)
4. Illumination (headlamp or flashlight)
5. First Aid supplies
6. Fire (fire starter & matches/lighter)
7. Repair kit & tools (including knife)
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

**A-16 The Ten Essentials For Wilderness Survival
(downloaded 2005-10-05)**

1. Rain gear
2. Whistle
3. Water Bottle
4. First Aid Kit
5. Flashlight
6. Map and Compass
7. Emergency Blanket
8. Matches/Match Container
9. Extra Food
10. Other Items: Signal Mirror, Cord, Water Purification, Sunscreen

Editor's Note: A-16. as it is most frequently called, (actual name Adventure 16) is a west coast chain of outdoor equipment and clothing stores.

Roy Hutchinson's Survival Info

Editor's Note: Roy Hutchinson is a noted expert at and teacher of survival, search and rescue, and other outdoor subjects. He was the program speaker for TATC on 02 February 2009.

Pack Essentials:

1. Space blanket
2. Small mirror
3. Rope or cord
4. Light Sticks (Calume)
5. Flashlight with spare batteries & bulb (2 lights are better)

Roy's comment during his presentation:

"Ever try to change a MAGLITE™ light bulb in the dark?"

6. Map & compass (2 are better)
7. Knife
8. Candy, chocolate & food
9. 2 qts of water (unbreakable container)
10. Waterproof matches
11. Trash bags, tarp or poncho
12. Candle
13. Plastic whistle (without ball)
14. First aid kit
15. FRS (Family Radio System) / CB radio / cell phone
16. Add a toy for children

Know how to use everything by practicing often.

NEVER LEAVE YOUR PACK !!!!!!!!!!!!!

Summary:



- Never leave your pack.

- A plastic whistle will not freeze to your lips in below freezing weather as a metal one might. Some plastic whistles have a small ball which makes the noise warble. When you exhale moisture it may freeze in below freezing weather making the whistle worthless. The simple TATC whistle shown is recommended.

- Manage your personal resources (shelter, water & heat).

- Conserve energy (energy = heat).
- Know how to use your map & compass (don't get lost).
- Know how to use all of your gear. Practice often!
- Know your limits and don't exceed them.
- Know it can happen to you and don't let it.
- Keep a positive attitude.
- Don't eat or drink anything you didn't bring with you. (Diarrhea is a death sentence!)

Possible Backpacker's Repair Kit Items

1. Clevis pin/s
 2. Diaper pin/s
 3. Duct tape (around water bottle)
 4. Electrical tie ties (wire wraps)
 5. Nylon pack cloth patch
 6. Rubber bands
 7. Small hose clamp
 8. Stove repair kit and copy of instructions
- Editor's Note: Take a copy, **leave** original instructions at home!
9. Swiss Army Knife, small
 10. Tent pole sleeve
 11. Thermorest, or similar, repair kit and copy of instructions
- Editor's Note: Take a copy, **leave** original instructions at home!
12. Thread (dental floss, needle, metal thimble)
 13. Velcro, five-inches
 14. Wire, 3-ft

Editor's Note: The **Possible Backpacker's Repair Kit Items** list was developed by TATC thru-hikers: Mal Higgins, Dewey Phelps, Ken Isaac, Bob Adkisson, and Ned Kuhns

- One set of emergency matches may be vacuum sealed as you would food for the freezer. Cushion the matchbox corners so they don't wear the material and eventually poke through.