

## General Wilderness Safety Guidelines

1. Be prepared.
2. Always have a buddy.
3. Always have a whistle – 3 blows mean, “I need help!”
4. Use common sense.
5. Should something bad happen, don’t panic!

Personal Wilderness Gear	Rockhound Tools
<input type="checkbox"/> Hat <input type="checkbox"/> Snow cap <input type="checkbox"/> Sunglasses <input type="checkbox"/> Poncho or rain jacket <input type="checkbox"/> Winter coat <input type="checkbox"/> Warm jacket with hood <input type="checkbox"/> Thermal underwear <input type="checkbox"/> Wool socks (2 pair) <input type="checkbox"/> Hiking boots (2 pair) <input type="checkbox"/> Muck boots <input type="checkbox"/> Trekking poles <input type="checkbox"/> Knee / elbow compression brace	<input type="checkbox"/> Gloves (2 pair) <input type="checkbox"/> Bucket <input type="checkbox"/> Axe <input type="checkbox"/> Saw <input type="checkbox"/> Shovel <input type="checkbox"/> Pulaski <input type="checkbox"/> Geo pick <input type="checkbox"/> Rock hammer <input type="checkbox"/> 2# sledge <input type="checkbox"/> 4# sledge <input type="checkbox"/> Chisels <input type="checkbox"/> Prybar <input type="checkbox"/> Flathead screwdriver <input type="checkbox"/> Garden trowel <input type="checkbox"/> Spade <input type="checkbox"/> Shaker box / sifting-screen <input type="checkbox"/> Horse-hair paint brush <input type="checkbox"/> Spray bottle
<input type="checkbox"/> Backpack / fanny pack / shoulder satchel <input type="checkbox"/> Gloves (2 pair) <input type="checkbox"/> Pocket knife <input type="checkbox"/> Multi-tool <input type="checkbox"/> Duct tape <input type="checkbox"/> Flashlight / headlamp (and batteries if necessary) <input type="checkbox"/> Lighter <input type="checkbox"/> Fire starter <input type="checkbox"/> Chemical heat packs <input type="checkbox"/> Space blanket <input type="checkbox"/> Cooling towel <input type="checkbox"/> Compass or GPS <input type="checkbox"/> Walkie-talkies (and batteries if necessary) <input type="checkbox"/> Sunscreen <input type="checkbox"/> Bug spray <input type="checkbox"/> Bear spray <input type="checkbox"/> Shop towels / bandanas / rag towels <input type="checkbox"/> Trash bag (2) <input type="checkbox"/> <b>First aid kit</b> <input type="checkbox"/> <b>Whistle</b> <input type="checkbox"/> <b>Toilet paper</b>	<input type="checkbox"/> Safety helmet / hard hat <input type="checkbox"/> Safety goggles <input type="checkbox"/> Kneepads <input type="checkbox"/> Steel toe boots
<input type="checkbox"/> <b>Thermal water bottles (2)</b> <input type="checkbox"/> Apples (2) – Put apples in your extra wool socks to prevent bruising <input type="checkbox"/> Protein bars (2) <input type="checkbox"/> Extra snacks	<h3 data-bbox="821 1314 971 1348">Car Supplies</h3> <input type="checkbox"/> Lantern <input type="checkbox"/> Coffee can with candle <input type="checkbox"/> Bungee cords / rope <input type="checkbox"/> Tarp <input type="checkbox"/> Extra food <input type="checkbox"/> <b>5-gallon water jug (full of potable water)</b> <input type="checkbox"/> Blanket <input type="checkbox"/> Sleeping bag <input type="checkbox"/> Pillow <input type="checkbox"/> <b>Car safety kit</b> <input type="checkbox"/> <b>Spare tire</b> <input type="checkbox"/> <b>Full tank of gas</b>

## Wilderness and Remote First Aid Emergency Reference Guide



Wilderness and  
Remote First Aid Eme

Personal First Aid Kit	Group First Aid Kit
<ul style="list-style-type: none"> <li><input type="checkbox"/> Alcohol-based hand sanitizing gel (1 bottle)</li> <li><input type="checkbox"/> Alcohol pads (3)</li> <li><input type="checkbox"/> Wound gel (3 packets)</li> <li><input type="checkbox"/> Latex-free medical exam gloves (2 pair)</li> <li><input type="checkbox"/> Scissors (1 pair)</li> <li><input type="checkbox"/> Pocket knife (1)</li> <li><input type="checkbox"/> Tweezers (1 pair)</li> <li><input type="checkbox"/> Adhesive bandages (6)</li> <li><input type="checkbox"/> Sterile gauze pads, 3-x-3-inch (3)</li> <li><input type="checkbox"/> Nexcare tape, 1-inch roll (1)</li> <li><input type="checkbox"/> Duct tape (1 roll)</li> <li><input type="checkbox"/> Super glue (1 tube)</li> <li><input type="checkbox"/> Moleskin, 3-x-6-inch (1)</li> <li><input type="checkbox"/> Notepad and pen</li> </ul> <p><b>Additional</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ibuprofen or acetaminophen</li> <li><input type="checkbox"/> Oral antihistamine</li> <li><input type="checkbox"/> Decongestant nasal spray</li> <li><input type="checkbox"/> Antidiarrheal</li> <li><input type="checkbox"/> Antacid</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Alcohol-based hand sanitizing gel (1 bottle)</li> <li><input type="checkbox"/> Alcohol pads (12)</li> <li><input type="checkbox"/> Povidone-iodine pads (12)</li> <li><input type="checkbox"/> Wound gel (12 packets)</li> <li><input type="checkbox"/> Hydrocortisone cream 1 percent (6 packets)</li> <li><input type="checkbox"/> Latex-free medical exam gloves (6 pairs)</li> <li><input type="checkbox"/> Protective goggles/safety glasses (1 pair)</li> <li><input type="checkbox"/> Scissors (1 pair)</li> <li><input type="checkbox"/> Pocket knife (1)</li> <li><input type="checkbox"/> Tweezers (1 pair)</li> <li><input type="checkbox"/> Safety pins (12)</li> <li><input type="checkbox"/> Gauze bandage, 3-inch rolls (2)</li> <li><input type="checkbox"/> Assorted adhesive bandages (1 box)</li> <li><input type="checkbox"/> Elastic bandages, 3-inch-wide (2)</li> <li><input type="checkbox"/> Triangular bandages (4)</li> <li><input type="checkbox"/> Sterile gauze pads, 4-x-4-inch (12)</li> <li><input type="checkbox"/> Nexcare tape, 1-inch rolls (2)</li> <li><input type="checkbox"/> Nexcare tape, 2-inch roll (1)</li> <li><input type="checkbox"/> Duct tape (1 roll)</li> <li><input type="checkbox"/> Moleskin, 3-x-6-inch (4)</li> <li><input type="checkbox"/> Gel pads for blisters and burns (2 packets)</li> <li><input type="checkbox"/> Notepad and pen</li> </ul> <p><b>Additional</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Water purification tablets</li> <li><input type="checkbox"/> Commercial tourniquet</li> <li><input type="checkbox"/> Ibuprofen</li> <li><input type="checkbox"/> Chewable low-dose aspirin (81 mg each)</li> <li><input type="checkbox"/> Acetaminophen</li> <li><input type="checkbox"/> Oral antihistamine</li> <li><input type="checkbox"/> Oral decongestant</li> <li><input type="checkbox"/> Decongestant nasal spray</li> <li><input type="checkbox"/> Antidiarrheal</li> <li><input type="checkbox"/> Antacid</li> <li><input type="checkbox"/> Feminine products</li> <li><input type="checkbox"/> Properly labeled prescription medications for individuals (e.g., EpiPen®, nitroglycerin, high-altitude drugs)</li> <li><input type="checkbox"/> Chemical heat packs</li> <li><input type="checkbox"/> Cooling towels</li> <li><input type="checkbox"/> Wilderness and Remote First Aid Emergency Reference Guide</li> </ul>
Remember to inspect and replenish the contents of your first aid kit on a yearly basis!	

