

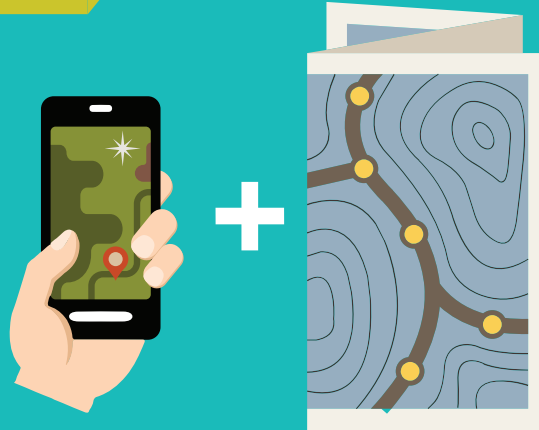
OUTDOOR ESSENTIALS

BE PREPARED AND CARRY THESE ESSENTIAL ITEMS

1 appropriate footwear

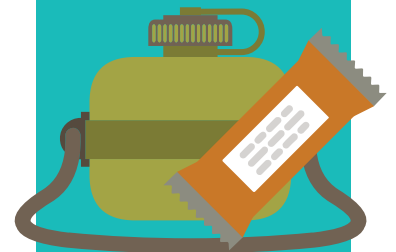


2 printed map



3 4

extra extra
water food



5
extra clothing



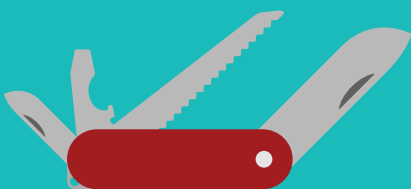
6 emergency items



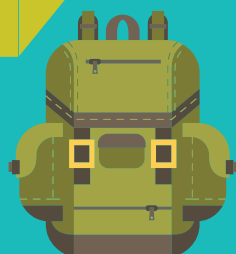
7 first aid kit



8 knife or multi-purpose tool



9 backpack



10
sun hat,
sunscreen,
sunglasses

