



Checklist Adventure-Ready Kit

Three Major Pro Tips:

First, if your kit is too heavy, you are less likely to carry it with you. Feel free to pare it down to the kind of activity you are doing and how remote the location might be during your excursion.

Second, always take a moment to consider how long it would take a first responder to find you, reach you, and then evacuate you from your location. Check this with the local Ranger Station or on the park website. It can be longer than you might expect! **Third**, let multiple people know what your plan is and what to do if they haven't heard from you at a designated time!

Items for your Kit:

- A Bandana
- A Pocket Knife – 2.5” to 4” inch blade for basic needs
- Personal Medications - EpiPen, blood pressure, asthma, etc.
- Emergency Medications – Benadryl, Ibuprofen, Pepto Bismol, Aspirin, Tylenol, Neosporin Packs, Antiseptic Wipes
- Hydrocortisone Cream
- Gloves (disposable, non-latex)
- Tweezers and small scissors
- Small sewing kit
- Insect Repellant Wipes
- Lip Balm
- Mylar Blanket
- Leukotape
- Extra Elastic Bandages and Triangular Bandages
- Hemostatic Powder or Dressing
- SAM Splint or Foldable Splint
- CPR Face Shield or Mask
- Whistle and Signal Mirror
- Headlamp with Extra Batteries or solar charger
- Compass and Paper Maps
- Notebook and Pencil
- Electrolyte Chews like Clif Shot Bloks
- Water Purification Tablets or Filter Straw
- First Aid Manual and Guide Book

*Note: This is not an all-inclusive list, and it is not medical advice.
Always consult with your physician before taking on new physical challenges.*

