

My Band of Heroes .com

Hiking, Woods & Wilderness 20 Essentials:

- ❖ Have a plan & stick to it! Tell somebody where you are going & what time you expect to be back!
- ❖ The leader should always keep pace with the slowest person!
- ❖ When setting a fire for warm, remember, its Tinder followed by Kindling then Fuel
- ❖ Tinder = small shavings, Kindling = small branches, Fuel = logs
- ❖ Backpack to carry all essentials including a 10ft x12ft Tarp for shelter or for use as a stretcher
- ❖ Food, Water & Toilet paper
- ❖ Rope or Twine
- ❖ Matches / Lighter / Firestarter & Tinder
- ❖ Communication Device (ie; cellphone w/GPS)
- ❖ Flashlight (extra batteries)
- ❖ Compass & Map
- ❖ Basic First Aid Kit (including sling, dressings, sam splint, ziplock bags, chewable baby aspirins, Benadryl)
- ❖ Proper Shoes/Boots & extra socks
- ❖ Hat / Sunscreen/ Repellent & Sunglasses
- ❖ Knife
- ❖ Proper Clothing in layers (note: first layer = no cotton garments)

- ❖ Whistle & Mirror
- ❖ Raingear & Walking Stick
- ❖ Space Blanket
- ❖ Plastic Contractor Bag
- ❖ Sleeping Bag (not essential)
 - Note: Before leaving always ‘size-up’ your group by asking about their allergies & medical conditions and assessing what they are using for footwear!

JOIN THE BAND OF HEROES!

BAND OF HEROES



We help YOU save lives.