

VENTURERS FIRST AID / SURVIVAL KITS

MEDICAL SUPPLIES:

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| -Band Aids (various sizes) | -Scissors | -Safety Pins |
| -Troop Neckerchief | -Tweezers | -Any Prescription Medication |
| -Sterile Wipes | -Gauss Pads/ Gauss Bandages | -Respirator Face Mask |
| -Cotton Padding | -Gloves | -First Aid Book |
| -Triangles – suggest a min of 2 | -Tensor bandage | -Medical tape |
| -Bug Repellent | -Afterbite | -Sun Screen |
| <i>Optional</i> | -Gravol/Pepto Bismol | -Tylenol |

Survival Supplies:

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| -Whistle | -Waterproof Matches | -Compass |
| -Quarter | -Candle | -Mirror (Plastic) |
| -Tin Foil | -Solar Blanket | -Soup Base (Oxo) |
| -Thin Wire | -Ropes - <i>Heavy & lights weight</i> | -Needle & Thread |
| -Small Roll Duct Tape | -Paper/Fire-Starter | -Pencil & Paper |
| -Salt | -Hatchet | -Patch Kits – pole & nylon |
| -Hard Candies, Granola Bars | -Flashlight (with extra Batteries) | -Garbage bags (2) |
| -Map (of the area your are traveling) | -Fishing line, Hooks, Lure, Fly, Weight | |
| -Knife (depending on the knife you have it may contain scissors, tweezers, saw and other useful tools) | | |

WINTER EXTRAS:

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| -Mittens | -Wool Hat | -Wool Socks | -Chap Stick/Lip Balm |
| -Long Burning Candle | -Small Shovel | -Extra Blanket | -Wool Scarf |

CONTAINERS:

Make your kit with stuff around your house, it should not cost a lot and you will probably make a better more complete kit than you can buy. Use an old plastic container to hold the kit, or an old tin cup/pot, both can double as a water container or cooking container.

TIPS FOR SURVIVAL:

- 1) Never go out hiking or camping without leaving your trail plan and expected time of return with a ranger, police or family member.
- 2) **Don't Panic!** Use your head and think carefully about what you should do. If you do not know where you are make camp and wait for help to come.
- 3) Always have your first aid kit on hand to treat any injury's that may occur. Read up on first aid treatments and be familiar with them before you go!
- 4) Always ensure you are drinking enough water. Dehydration is the biggest danger in a prolonged outing.
- 5) Stay dry and warm, dress appropriately for the weather you will be facing. Check the forecast before you go and Be Prepared for whatever Mother Nature can throw at you.
- 6) Ensure all your equipment is in good working order before you go.
- 7) The most important: *Have Fun*, if you plan well then you will have a great time and not have to worry about potential problems because you have prepared ahead properly.