

## ○ **BASIC GEAR**

- **Knife**
  - **Tools with guards**
  - **Safety glasses**
  - **Good gloves**
  - **N95 mask**
  - **2 lb sledge Estwing**
  - **Proper outdoor gear.**
  - **Boots**
  - **Head gear**
  - **Communication**
  - **File a plan with others**
  - **Light**
  - **Bear spray**
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- **CARRY AIDS... (Clean supplies)**
  
- **Pads**
- **Band aids**
- **Tape**
- **Wrap**
- **Splint**
- **Light rope**
- **Benadryl bite stick**
- **Benadryl tabs**
- **Allergy bracelet**
- **ASA**
- **Tylenol**
- **Water**
- **Food**
- **Personal meds**
- **Ice pack**
- **Hand wipes (Antibacterial)**

## ○ **BASIC FIRST AID**

- **Call for help (GPS location is best)**
- **Safe scene**
- **S-pine**
- **A-irway**
- **B-reathing**
- **C-irculation**
- **R-apid Body Survey (fix severe injuries)**
- **Take breath – Finish up – wait for help**