

Personal Emergency Gear – The 10 Essentials

Each person should carry their own ten essentials whenever they are on an adventurous day-trip or multi-day expedition. These prepare them for an unexpected emergency or to spend an unexpected night or more alone in the wilderness.

1. Navigation (map and compass)
2. Signalling device (whistle and mirror/small air horn)
3. Sun protection (sunglasses, sunscreen and lip balm)
4. Illumination (headlamp or flashlight with extra batteries and bulb)
5. Fire making kit (matches in waterproof container including strike paper from box, fire starter/fuel stick, lighter, candle)
6. Knife (or multi-tool)
7. Nutrition and hydration (extra food gels/power bars or similar, extra water and a way of treating water)
8. Insulation (extra clothing, including toque)
9. Personal first aid kit (including a blister kit)
10. Emergency shelter (orange garbage bag or emergency blanket or similar)