


Trail Dames 10 Essentials

1. **Common Sense:** Trust your intuition, and make the safest decisions for the situation. It is not about “the goal.”
2. **Map/Compass:** Make notes on your map showing landmarks, water, time from car.
3. **Flashlight/Headlamp:** Always carry 1 set of extra batteries for your light source.
4. **Whistle:** 3 blasts/pause/3 blasts—repeat.
5. **Knife:** A sharp knife is a safe knife.
6. **Rain Gear/Clothes:** Take it even if there is 0% chance of rain. NO cotton! Keep the core warm. Beanie for head/ears.
7. **Waterproof Matches/Lighter:** Collect tinder, start small, make a  w/sticks, fan, add larger sticks
8. **Food/Medication:** Bring enough for the day of hiking + 1 more day
9. **Water/Purification:** Carry at least 2 liters (32 oz)/2% Iodine: 8 drops per liter-wait 5 min-clean rim-wait 30 minutes-safe to drink
10. **Emergency & First-Aid Kit:** Detailed list on back

Emergency & First-Aid Kit

- **Insect bites/ Sunburn /Allergic Reactions/Pain**
 - Insect repellent/Sunscreen
 - Hydrocortisone cream
 - Benadryl/Ibuprofen/Aspirin/Tylenol
- **Hypothermia (it doesn't have to be cold!)**
 - Space blanket (use with DRY extra clothing & hot liquids)
 - Hand warmers (place on neck, armpits, groin/top of legs)
- **Bleeding/Cuts/Scrapes/Blisters/Sprains**
 - Sterile gauze pads (various sizes)
 - Gauze roller bandage
 - Band-Aids (various sizes)
 - Athletic tape/duct tape
 - Neosporin/alcohol wipes
 - Nitrile gloves (safe for latex allergies)
 - Ace bandage
- **Other**
 - Tweezers/scissors (if not part of knife)
 - Needle & thread/safety pins
 - Large heavy-duty trash bags/ziplocks
 - Icing gel (quick energy/sugar for diabetics)