



ADVENTURERS CLUB Pack Contents

Hikers should be self-sufficient regarding food, water, clothing and first aid. The following are **suggested** contents for your pack and first aid kit.

Pack Contents

- Identification, including a contact name and phone number
- food & water
- rain gear
- gloves
- hat/toque
- extra shirt/sweater
- extra socks

- flashlight
- lighter/water proof matches
- whistle
- knife
- space blanket
- first aid kit *
- large orange plastic bag
- sunscreen/lip balm
- insect repellent

First Aid Kit

- band aids, gauze and pads
- adhesive tape/duct tape
- antibiotic ointment
- tweezers
- moleskin or blister bandages
- elastic bandage
- aspirin
- medications (labeled)