

# Troop 349

## Day Hike Packing

### Day Hike Essentials

- Whistle on lanyard
- Map in waterproof case
- Compass/spare compass
- Watch
- Headlamp
- Extra bulb & batteries
- Food
- Water bottles & water
- Water purification tablets or water filter
- Knife
- Foul weather gear
- Lighter
- Fire starter
- Garbage bags
- Space blanket
- Sunglasses
- Notebook & pencil
- Phone numbers
- Surveyor's tape
- 100' cord
- Duct tape (6' around a pencil)
- First aid kit

### First Aid Kit Essentials

- Sunscreen
- Lip balm with sun block
- Bug spray
- Latex gloves
- Cloth tape (1"x10 yd)
- Sponges
- Ibuprofen
- Betadine
- Irrigation device
- Antibiotic ointment

- ACE Bandage
- Full-size SAM splint
- 2<sup>nd</sup> Skin or Moleskin
- Pencil
- Tweezers w/sharp tip
- Band-Aids
- Waterless hand sanitizer

### Survival: "Rule of 3s"

- 3 hrs w/o shelter
- 3 days w/o water
- 3 weeks w/o food

### Clothing

- "Cotton Kills"

### Hiking Pace

- 2 mph
- add 1/2 hr for each 1000' alt change

### Topographic maps

- Green: veg. > 6 ft
- White: veg. < 6 ft
- Blue: Water
- Black: Man-made
- Brown: Altitude. "V"s point uphill. Closer = Steeper