

Night Rescue The Ten Essentials

A small survival kit can contain items of great help in an emergency. The items listed below help maintain body warmth, establish geographical directions, provide quick energy and signal a rescue party.

1. waterproof matches or lighter
2. fire starter
3. tarp (tube tent, garbage bag, space blanket)
4. knife
5. rope (25-50 ft.)
6. map and compass
7. mirror (for signaling)
8. whistle
9. food (quick energy)
10. extra clothes (gloves, hat, socks, long underwear)

Other items to help make life a little nicer:

- snow shovel and a snow saw
- flashlights and batteries
- tools (screwdriver, pliers, wire, duct tape)
- small first aid kit
- small can with lid (for boiling water)

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