

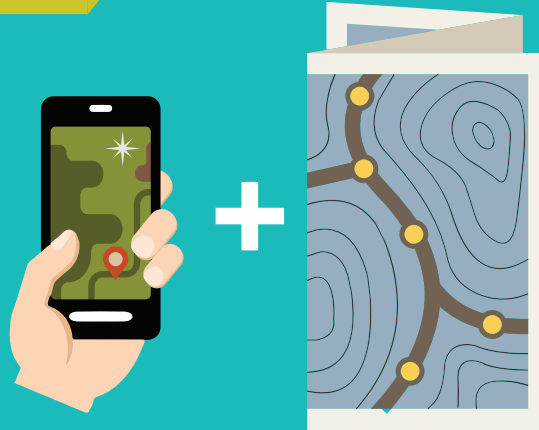
OUTDOOR ESSENTIALS

BE PREPARED AND CARRY THESE ESSENTIAL ITEMS

1 appropriate footwear

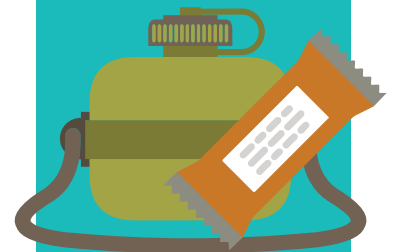


2 printed map



3 4

extra extra
water food



5
extra clothing



6 emergency items



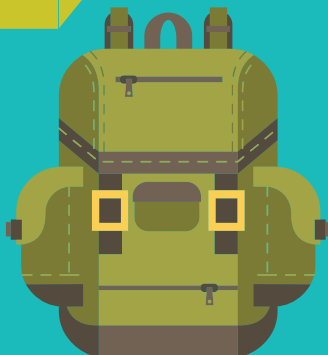
7 first aid kit



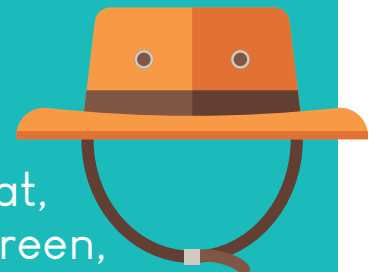
8 knife or multi-purpose tool



9 backpack



10
sun hat,
sunscreen,
sunglasses



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USDA Forest Service
Pacific Northwest Region