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backcountry essentials

1. Navigation: map and compass
2. Sun protection: sunglasses, sunscreen and lip balm with sunscreen
3. Insulation: wear several thin layers of clothing to adapt to temperature and weather changes as needed
4. Illumination: headlamp/flashlight
5. First-aid supplies: small first aid kit for when you or others fall, trip, burn or bleed
6. Fire: waterproof matches/lighter/candles
7. Repair kit and tools: e.g. multipurpose knife, small amount of duct tape
8. Nutrition: extra food to help maintain energy levels
9. Hydration: extra water is essential in Utah's dry and high elevation
10. Emergency shelter: e.g. emergency space blanket or tube tent

Adapted from "Mountaineering: Freedom of the Hills", published by Mountaineers Books.

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