

## **The Cascadians Thirteen Essentials**

1. Map (or navigation tool and compass on a phone or other device, with a back-up battery)
2. Compass (or navigation tool and compass on a phone or other device)
3. Flashlight or headlamp (with spare batteries)
4. Pocketknife
5. Matches in a waterproof case, or striker
6. Fire starter (e.g. candle, tender, or cotton balls with vaseline)
7. Extra clothing
8. Extra food
9. Water
10. First Aid Kit (inspect it regularly to make sure contents are in good condition)
11. Sun protection (sunglasses and sunscreen)
12. Emergency shelter (poncho, emergency blanket or bivy bag)
13. Signaling devices (whistle and mirror)