



Alice's Awesome Adventures

What to bring on a land based trip

Have I packed it?	What to pack
	Binoculars – optional
	Bug Repellent – non aerosol
	Camera – optional
	Footwear that covers toes completely and is supportive
	Gloves or mittens
	Hat with brim and a wool hat
	Large Water Bottle filled with fresh water
	Medications and spare prescription glasses in a waterproof bag
	Personal hygiene items
	Pocket knife
	Rain jacket and pants
	Small back pack or zippered bag for gear
	Sunglasses with strap
	Sunscreen and lip balm at least 30 SPF
	Windbreaker or light rain coat
	Wool sweater or polyfleece pullover

Always keep your eye to the weather and have your rain gear handy. *"If you don't like the weather wait a minute"*

What to do if separated from group

Stop moving and sit down

Think about where you last saw everyone and if you are OK

Observe what is around you and stay put

Plan how to stay visible after blowing your whistle for help