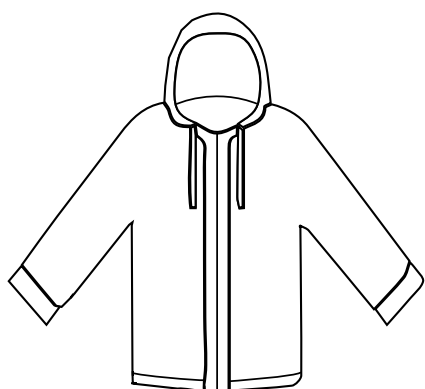


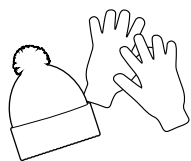


OUTDOOR SAFETY  
NEW ZEALAND MOUNTAIN  
SAFETY COUNCIL

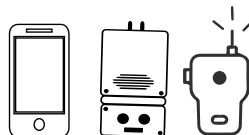
## Pack your outdoor essentials



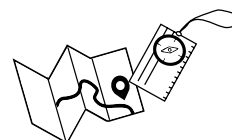
Waterproof jacket



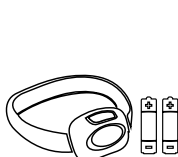
Warm hat + gloves



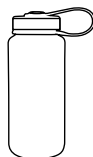
Phone + Emergency  
Communication  
Device



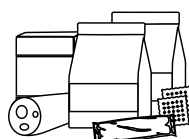
Map + compass or  
GPS



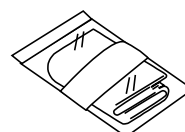
Headtorch + batteries



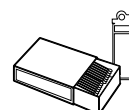
Water bottle



Food + snacks



Survival bag



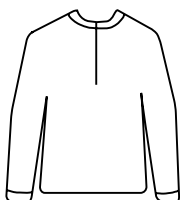
Fire lighting kit



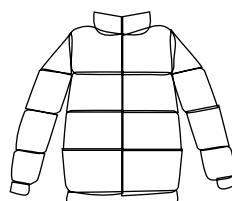
Base layer



Thermal top  
(polypropylene/  
merino)



Mid layer insulation



Down jacket



Walking shorts/  
pants



Thermal leggings  
(polypropylene/  
merino)



Waterproof pants



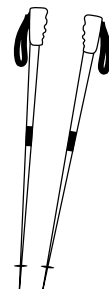
Sun protection



First aid kit +  
medication



Whistle

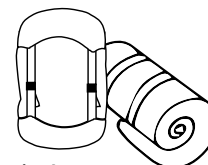


Walking poles



Gaiters

Sturdy footwear  
+ socks



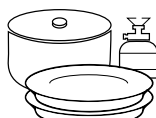
Sleeping bag + mat



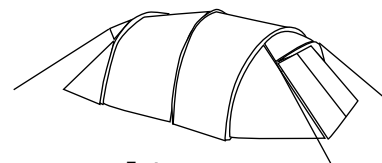
Knife/multi tool



Toilet paper +  
rubbish bag



Cooking + eating  
items



Tent or emergency  
shelter

### Consider the what ifs

Common incidents in the outdoors and how to prevent them



#### Extreme weather

Check the forecast and be prepared changes



#### Slips, trips and falls

Watch your footing and manage fatigue



#### Getting lost or separated

Plan together, stick together and help each other



#### Rivers and difficult terrain

Choose a trip that suits your abilities, available time and the weather



#### Hypothermia/staying warm

Layer your clothing, eat and drink regularly