

Hike Leaders' Emergency Backpack



Canadian Mental
Health Association
Ontario

Hike Leader Should Carry:

- 3 Triangular bandages
- Band-Aids
- Foil blanket
- Emergency tarp
- Whistle
- Waterproof matches
- Penknife
- Paper and pencil (to write information down if you send someone for help)
- Blister kit (moleskin and scissors)

Most Hike Leaders Carry:

- Sunscreen
- Sterile bandages or rolled gauze and adhesive tape
- Cleansing wipes
- Flashlight (especially in fall and winter)
- Trail map or map of route/path you are walking

Some Hike Leaders Also Carry:

- Pain medication
- Antihistamine (in case of bee stings)
- Sting-Eze
- Butterfly bandages
- Steristrips
- Spray bandage
- 2nd emergency blanket
- Tweezers
- First aid manual
- Snake bite kit
- Latex gloves
- Mask
- Ziploc bags
- Rope
- Extra whistle
- Candle
- Cell phone
- Extra clothing or rain gear to loan
- Two-way radio
- GPS