**ABoVE Packing Essentials**

*Whether participants are embarking on a day trip or an overnighter, the following items should be considered for carry by an individual or divided amongst a team:*

- **Flashlights** (handheld and headlamp)*
- **Clothing**
  - Base layer
  - Insulating layer (fleece)
  - Waterproof/windproof layer*
  - Extra socks
  - Hiking boots (water proof)
  - Rubber boots (water proof)
  - Rain gear (pants and shell)
  - Hats for warmth, rain, and sun
  - Warm, water resistant gloves*
- **Communication equipment**
  - Sat Phone*
  - Personal locator beacon
  - Radio and batteries
- **Navigation**
  - Paper Maps
  - Compass
  - GPS/Extra batteries
- **Bug deterrent** *
- **Headnet/bug jacket** *
- **First aid kit** *
- **Sunscreen**
- **Sunglasses** *
- **Water bottles**
- **Insurance cards**
- **Extra snacks** *
- **Ziplock baggies**
- **Trash bag**
- **Multi-tool** *
- **Prescription drugs or glasses**
- **Matches/lighter/fire starter/candle**
- **Water purification tablets/steri-straw**
- **Whistle**
- **Duct tape**

* Mentioned in the ABoVE Safety Orientation