

Survival kit

Having a survival kit before any hike is extremely important as it can help you survive in case of an emergency or unexpected situation. A survival kit contains essential items, namely:

Wood matches

Duct tape

Knife

Compass

Whistle

GPS

Pen and notebook

Shovel (for snowy terrains)

Headlight equipped with new batteries

Extra batteries

First aid kit *

Survival blanket

Food: energy bars

* Refer to www.boukaatloubnantrails.org/gear/first-aid-kit

▼ Don't forget to let someone know your plans before you go.

