

Tufts Loj ★

(603) 745-2123

1 Potato Hill Road

Woodstock, NH 03262

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The Ten Essentials



1. Map
2. Compass
3. Warm Clothing
4. Extra Food and Water
5. Flashlight or Headlamp
6. Matches/Firestarters
7. First Aid Kit/Repair Kit
8. Whistle
9. Rain/Wind Jacket & Pants
10. Pocket Knife



EMERGENCY

Evaluate

Minor: you can and will get yourself out

Severe: can't get group/victim to safety without help (off trail, dangerous conditions, major injury, lost, etc.)

Plan

What help do you need to get to safety?

Communicate

Minor: call Loj (603) 745-2123 if able

Severe: call 911, ask them to notify Loj

Make a plan for next communication.

Severe and no service? Try to call 911 anyway. Send a pair to higher ground to call for help; avoid leaving anyone alone.

Survive

Priorities: 1. Shelter 2. Water 3. Food 4. Fire
Stay together, where others expect you, or where you can be seen. Wear or display bright colors. Blow whistle at regular intervals. Eat, drink, and layer up. Use good sense, don't put group in more danger.

Stay positive but respect your limits.