

LEAVE NO TRACE

Plan ahead and prepare

Travel & camp on durable surfaces

Dispose of waste properly

Leave what you find

Minimize campfire impacts

Respect wildlife

Be considerate of others

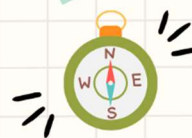
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HELPFUL TIPS

- Carry items in a backpack or small bag.
- Dress in layers.
- Always stay hydrated. Drink small amounts of water frequently.
- Always use the buddy system. A girl scout never adventures without at least one other person with them.
- Be responsible for yourself and your buddy. Buddies help each other.

- Have a plan for what to do in case you are separated or there is an emergency.
- Make sure someone knows your plans and where you are going. Check in with them at the beginning and end of your adventure.

BE PREPARED
NOT SCARED



GO BAG CHECKLIST



Check to make sure you have all supplies before each adventure

☆ Personal First Aid Kit:

- Scissors
- Band-Aids (various sizes)
- Antiseptic ointment
- Butterfly bandages
- Moleskin
- Gauze
- Surgical Paper Tape
- Safety Pins (various sizes)
- Sing Relief Wipes/Spray/Stick
- Hand Sanitizer Wipes

☆ General Supplies:

- Bandana
- Poncho
- Emergency Blanket
- Flashlight
- Compass
- Emergency Whistle
- Small Bag for trash (ziplock)
- Small amount of toilet paper
- Emergency Contact Card
- Important Medical Info including allergies as necessary

IF YOU GET SEPARATED FROM THE GROUP, BLOW YOUR WHISTLE AS LOUD AS POSSIBLE

STAYING DRY MEANS STAYING WARM. USE YOUR PONCHO OR BLANKET AS PROTECTION FROM RAIN

☆ Additional Recommended Items:

- Water
- Small portable snack item or bar
- Extra flashlight batteries
- Map of your location
- Weather appropriate protection:
 - If warm weather: sunscreen, sunglasses, sun hat, insect repellent.
 - If cold or wet weather: extra socks, warm hat that covers ears, mittens, extra layer (warm pants and top), hand/toe warmers.



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- Band Aids _____
- Antesepctic Ointment _____
- Butterfly Bandages _____
- Moleskin _____
- Gauze _____
- Sergical Paper Tape _____
- Safety Pins _____
- Sting relief _____
- Hand sanitizer wipes _____

- Bandana _____
- Poncho _____
- Emergency Blanket _____
- Flashlight _____
- Compass _____
- Whistle _____
- Small bag for trash _____
- Small amount of toilet paper _____
- Emergency Contact/Medical Card _____
- Laminated Go Bag Card _____

Medical Information & Allergies

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