

# *Lisa Maloney's Hiking Emergency Kit ~ Hiking Alaska*

## **Navigation**

- A good old-fashioned compass, as backup to the GaiaGPS app on my smartphone
- Unless I know the area extremely well, I also carry a topo map

## **Insulation/Shelter**

- Garbage bag
- Space blanket
- Hand warmers
- Small, lightweight tarp

## **Fire and Light**

- Waterproof matches in a waterproof container
- Clear lighter so I can see its fuel levels
- 2 "Lightning Nugget" fire starters/half an emergency candle
- Tiny headlamp like the Black Diamond Ion/Petzl eLite

## **First Aid**

I could stand for a lot of improvement in this area, so I'd like to direct you to Andrew Skurka's [wonderful breakdown](#) of wilderness first aid supplies. That said, here's what I have in my bag right now:

- Benadryl for allergic reactions
- Stout tweezers
- Ibuprofen/acetaminophine in a small travel tube
- Moleskin
- Elastic bandage
- Sterile gauze
- Limited quantities of antibiotic cream and a few Band-Aids
- Syringe and betadine for cleaning wounds
- SAM splint
- Clotting sponge

## **Repair Kit and Tools**

- Duct tape
- Cordage
- Sturdy knife

## **Food and Water**

- Candy bar/non-perishable comfort food
- Water purification tablets