

TRAIL GUIDE DAY PACK IDEAS – and extras:

Basics:

- ✓ Water – Don't forget it!
- ✓ Extra layers, including raingear, hat, gloves – any Colorado day is bound to produce surprises weather wise!
- ✓ Sunscreen and sunglasses – even in lousy weather, the sun can pop out!
- ✓ Your personal "Essentials Kit." These vary widely but most contain tissue and whatever first aid supplies, personal medications/supplies, pocket tools, compass, maps or items you usually carry on hikes.
- ✓ Trail Guide Field Log, pencil or pen, OSMP Map
- ✓ Flagging, brochures, dog leashes
- ✓ Cell Phone – yours, or one of ours. (They can be checked out from/returned to the Ranger Cottage during open hours)

Not so necessary, but helpful if you want to lug them along:

- ✓ Snacks, Field Guides; thermos; binoculars; camera; hand lens

OSMP Volunteers are NOT required to acquire first aid/CPR training or to carry a first aid kit when in the field. Being an OSMP volunteer does not authorize you to provide anyone with first aid or medications. This is a strictly personal decision, based on your training and level of certification.