

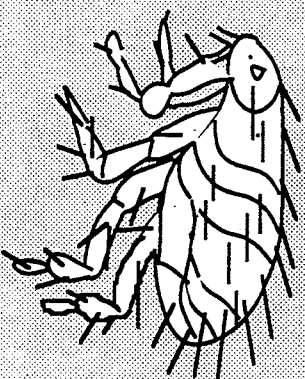
# INSECT REPELLENT

## ★ ***Wear appropriate clothing:***

- Slippery material
- Tie at wrist & ankles
- Avoid loose weave materials
- Avoid bright colors

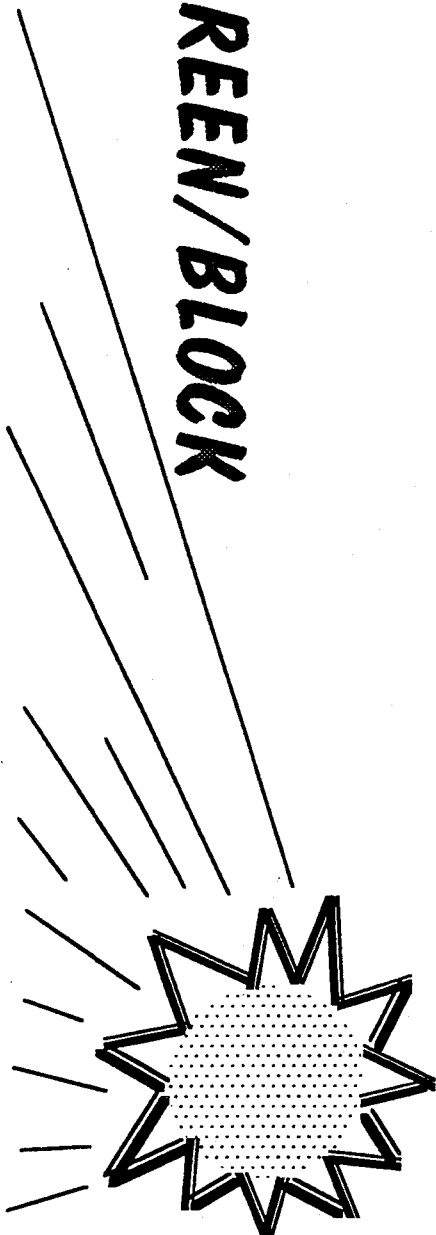
## ★ ***Avoid perfumes & deodorants before going to the field.***

## ★ ***Consider netting.***





## ★ ***DEET, Skin-So-Soft™, others...***

# SUN SCREEN/BLOCK

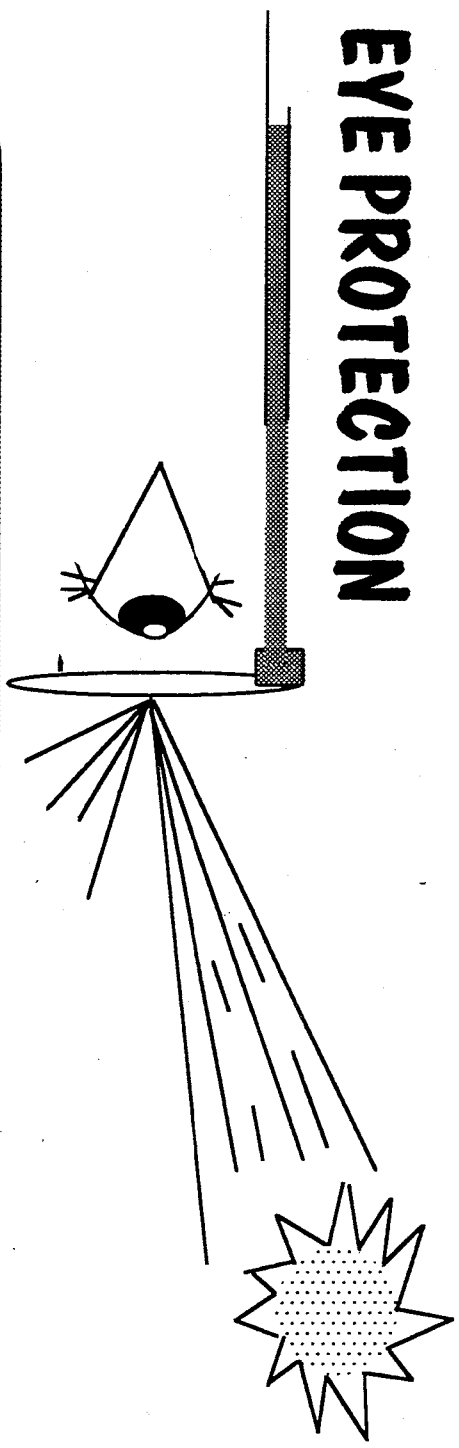


 *Have it with you and use it on exposed skin.*

 *Consider odor of cream or lotion and its effect on attracting insects.*

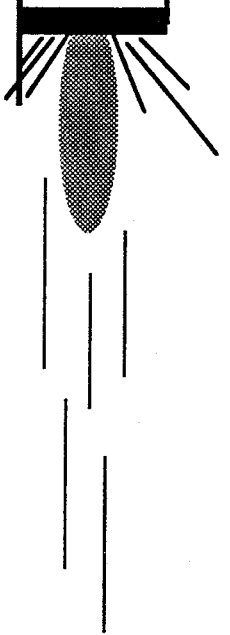
 *Use sun protection factor (SPF) of at least 15. Greater SPFs do not do you much more good.*

# EYE PROTECTION



- *Consider goggles when working in brush, especially at night.*
- *Sun glasses should be attached to you & block most UV light.*
- *Always wear eye protection at high altitudes, even on cloudy days.*

# HEAD PROTECTION



- **Helmet?**

- ✓ *Can you hear well enough with it?*
- ✓ *Does it really protect you?*
- ✓ *Will it fall off?*
- ✓ *Does it impede your progress and safety?*

- **Hats?**

- ✓ *Do you need one?*
- ✓ *Is temperature a factor?*
- ✓ *Is direct sunlight on your head a problem?*

# COMPRESSION

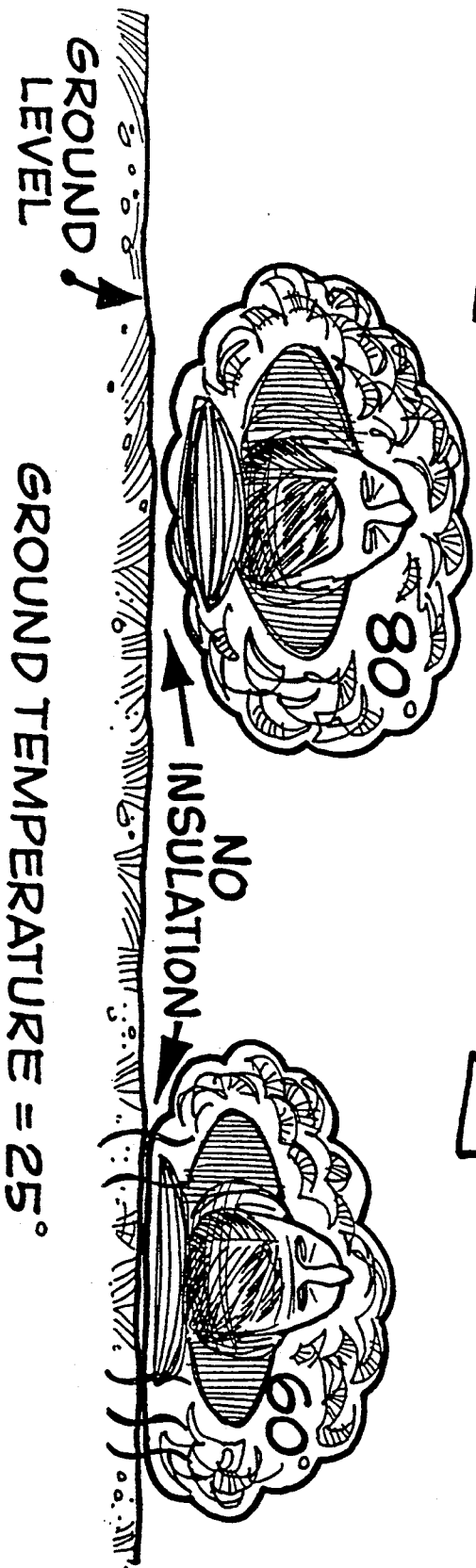
OF SLEEPING BAG AIR SPACE (LOFT)

INITIAL  
SITUATION

(SLIGHTLY EXAGGERATED)

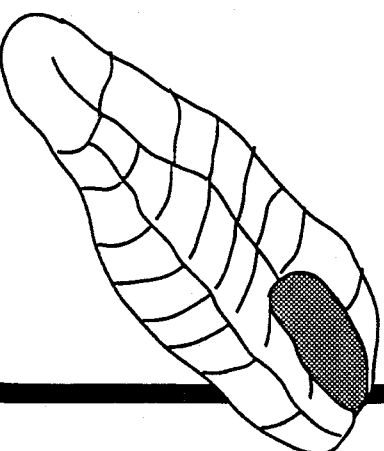


AFTER A BRIEF  
TIME PERIOD



## ***Ways to Sleep Warmer Inside a Sleeping Bag***

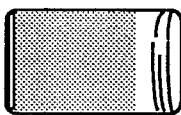
- ★ ***Sleeping inside of a tent maybe 10 degrees warmer.***
- ★ ***No tent, improvise a wind break.***
- ★ ***Don't camp in a ravine or valley bottom. It's warmer downwind just below peaks, at higher elevations.***
- ★ ***Sleep in one layer of dry clothing in a good bag.***
- ★ ***Protect head, neck, shoulders & wear a stocking hat.***
- ★ ***Huddle with others for warmth.***
- ★ ***Cold Feet? Put on socks and booties.***
- ★ ***Improve ground insulation.***
- ★ ***Keep your sleeping bag dry.***
- ★ ***Use a vapor barrier in extreme cold.***



# IF YOU SLEEP COLD - IT'S YOUR FAULT.

1. YOU GOT INTO A COLD SLEEPING BAG WITH A COLD BODY.
  - a. Exercise briefly before entering. Bag only retains heat. You must produce it.
2. WET CLOTHES - from perspiration or rain.
3. DAMP BAG - you didn't dry it out.
4. INADEQUATE GROUND INSULATION
5. POOR QUALITY FILLER - no insulation left.

# WATER CONTAINERS

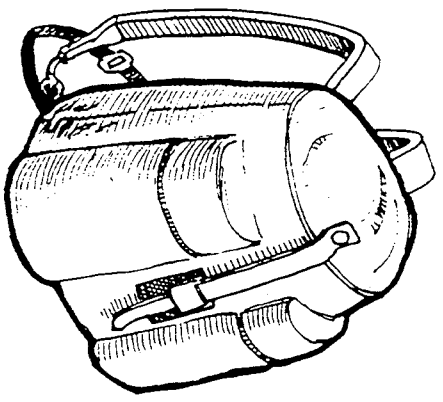


- ☞ ***Should be light, durable, strong & have a wide mouth.***
- ☞ ***Is freezing a possibility?***
- ☞ ***How will the water be treated and does the container effect this?***
- ☞ ***Should be carried on the waist (belt).***

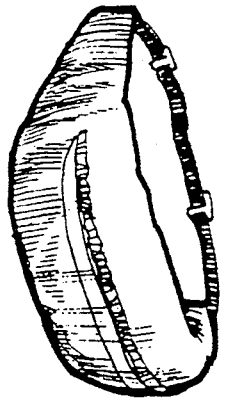


# PACKS -

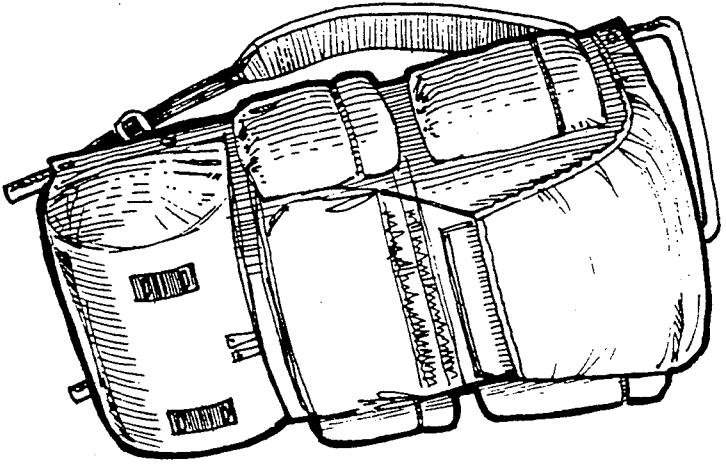
*Choose a pack to fit the cargo*



*Rucksack*



*Belt pack*



*Heavy load pack*