

**Five Winds Back Country Skiing
What Should I Have in My Daypack?**

Revision 2015 01 07

All participants need to be personally responsible for their safety and that they need to carry things that will allow them to deal with an “emergency”.

Item #	Description	Why do I need this?	Category	Recommended for the leader to carry this	Recommended that the people in the group carry this	In an emergency how can I use it?	Weight (grams)	Do I have this item packed?
1	30 Litre Day Pack with Hip Belt	To carry the gear securely.	Gear	Yes	Yes	Use as an insulated seat or use a few to make an insulated bed to lay someone down over pine boughs	1400	
2	Cell Phone	Call/text for help. Know what time it is.	Communication	Yes or someone in group	Optional	Call for help	200	
3	Emergency contact list	Know who to call for help?	Communication	Yes	Optional	Call for help and relay info to other leaders, bus company, OPP, spouse etc.	50	
4	Medical Info carried in your pack	Medical history may be needed in an emergency; you may be unable to give it or to remember details.	Communication	Yes	Yes	Relay info to medical personnel. All individuals should carry "dosages" of any personal medications they are taking for existing medical conditions (e.g. heart medications) which might need to be treated on the trail.	50	
5	Whistle	If you get separated from group and need to signal them. Whistle sound travels further than yelling.	Communication	Yes	Yes	Used to signal (1- attention, 2- come here, 3- emergency)	25	
6	First Aid Kit	If someone has a minor injury you can treat them.	First Aid	Yes	Basic bandages, aspirins, any personal medications.	Identify yourself as a first aider and ask permission to help. Treat person in trouble. Stabilize and treat issues you may encounter. Record important info on SOAP notes.	600	
7	GPS	Know exactly where you are with +/-3 meters.	Navigation	Optional	Optional	Relay position to help	300	
8	Map and Compass and Paper and Pencil	Keep track of where you are in case an emergency happens. What if one person in the group gets lost?	Navigation	Yes	Yes	Relay position to help. Record info of issue and times. You need to call for help or get yourself out of trouble.	250	
9	Insulated foam to sit on or use day pack	Insulated from cold ground and snow.	Clothing	Optional	Optional	Sit or lay person on it.	100	
10	Extra Clothing(warm lunch jacket, fleece/wool jacket,shell,wind pants, hat, mitts, shell, socks, balaclava, etc.)	Changing conditions and efforts.	Clothing	Yes	Yes	What if someone falls in the creek/pond/lake? Group needs to have enough clothes to have person strip and re-dress with dry group clothing	1725	
11	Sun Glasses	Protect your eyes from sun/glare/branches.	Clothing	Optional	Optional	Used to protect eyes from sun, bushwhacking	50	
12	Water and Purification	Keep hydrated . Treat stream water (Aquatabs (5 liters)) or melt snow.	Food	Yes	Yes	Warm water will keep stationary people warm	1500	
13	Food	Extra energy required to keep warm and moving.	Food	Yes	Yes	Food to provide extra energy	750	
14	Fire Starting Equipment (lighter, firesteel, Vaseline+cotton balls)	What if someone gets injured and can not move and is not dressed for sitting around	Fire	Yes	Optional	Make a fire to keep group warm while waiting for help to arrive	80	
15	Shelter (tarp/garbage bags/emergency blanket, duct tape, string, pine boughs, etc.)	What if someone gets injured and can not be moved and it is raining wet snow?	Shelter	Yes	Optional	Used to build shelter around a person if they can not be moved. Garbage bag can be used as a wind and rain gear. Small bags can be used to water proof feet from wet boots and dry socks.	500	
16	Small Metal Pot/Cup	Used to melt snow and heat up water.	Gear	Yes	Optional	Providing a warm drink in winter is a better solution than providing a cold drink to someone that can not move.	150	
17	Knife/Multi-tool	Used to repair things.	Gear	Yes	Optional	Fix broken equipment and people. Make shelters waiting for help.	150	
18	Throw rope (15m - floats)	What if someone falls through thin ice?	Gear	Yes	Optional	Used to rescue someone who has fallen into open water. Good to have 2 in the group. Can also be used to create a shelter or stretcher or sled.	550	
19	Repair Kit (duct tape, wire, screws,needle/thread, batteries, string, splints and hose clamps ,dental floss, etc.)	What if someone's gear breaks (boots, poles, skis, clothes, day pack)?	Gear	Yes	Optional	Fix gear issues using the repair kit	100	
20	Spare Ski Tip	If someone in the group breaks a ski tip it makes it easier to ski back to the bus.	Gear	Yes	Optional	Cut broken ski end off and slide on spare tip	150	
21	Flashlight	If if you are delayed and skiing in the dark?	Gear	Yes	Yes	Signaling. Find your way in the dark.	120	
22	Ski Wax/Cork/Scraper	Use for skis prep.	Gear	Yes	Yes	Help start a fire with wax content	200	
23	Small Saw	Increase sawing capability beyond a knife and multi-tool functionality.	Gear	Optional	Optional	Cut firewood, repair skis and poles, build shelter, fabricate splint	180	