

# Emergency and group kit to carry when heading out in the hills

Here is a list of items that people may want to consider when heading out in the mountains. It is split into **Individual** and **Group** kit. The specific contents will vary depending on the activity, terrain, weather, ground conditions, and remoteness of your location.

This is not an exhaustive kit list.

## Individual emergency kit

Everyone in your group should consider carry these items in their own rucksack.

### 1. Small First-aid kit:

- **Blister treatment:** Plasters designed for blisters are essential, especially for new boots.
- **Minor wound care:** A selection of plasters and antiseptic wipes for cuts and scrapes.
- **Pain relief:** Paracetamol or ibuprofen can help with headaches or minor aches.
- **Personal medication:** Any prescription medication needed for the duration of the trip.

### 2. Navigation and communication:

- **Charged mobile phone:** While reception can be poor, a phone is crucial for emergencies in areas with coverage.
- **Map and compass:** Not relying on one person to carry this. Navigation should be a shared responsibility.
- **Power bank:** A fully charged power bank is needed to ensure your phone or GPS device doesn't run out of battery.
- **Whistle:** A simple, reliable way to signal for help. Use a series of six short blasts, pausing for a minute, and repeating.
- **Headtorch:** Essential for navigation or in emergencies when light fades, plus spare (batteries or head torch).

### 3. Shelter and warmth:

- **Survival bivy bag:** A foil or plastic survival bag retains body heat and helps prevent hypothermia if you are stationary or waiting for help.
- **Spare warm layers:** This should be an insulating layer for your body that you don't intend to use when doing your activity. Also hats and gloves. These should be kept in a dry bag

### 4. Other things to consider:

- **Tick removal tool:** Especially important in areas with livestock, where ticks may carry Lyme disease.
- **Sun protection:** Sun cream, sun hat, sunglasses, long sleeves

- **Ski Goggles:** To protect your eyes and face from spindrift in the winter. Clear lenses make navigation easier.
- **Walking Poles:** Can help with balance, helps take pressure off lower body joints.

## Group emergency kit

To be carried by the group.

1. **Emergency shelter and warmth:**
  - **Bothy bag (group shelter):** This windproof and waterproof shelter is a vital piece of safety equipment. It creates a warm microclimate for the whole group to take a break from bad weather, have lunch, or wait for help. Bothy bags are available in various sizes but should be big enough to fit the whole group in.
2. **Comprehensive first-aid kit:**
  - Bandages for stemming larger bleeds/wounds, nitrile gloves, face shield for mouth-to-mouth CPR protection, tough-cut sheers, 'vet-wrap' or compression bandages.
3. **Emergency communication:**
  - **Satellite communicator:** For remote areas without mobile reception, a Personal Location Beacon (PLB) can send an SOS signal. Or a device like the Garmin inReach or ZOLEO allows you to send two-way messages and an interactive SOS signal.
4. **Repair and utility:**
  - **Duct tape:** Can be used for a multitude of repairs, from broken gear to improvising first aid.
  - **Repair kit:** Zip ties, spare parts and tools for tents, walking poles, skies, bindings, or other critical gear.
5. **Other supplies:**
  - **Hand sanitiser:** For cleaning hands before administering first aid.
  - **Extra food and water:** For unplanned delays or emergencies.

### Note:

**Individuals and groups may need to add or 'bulk up' items in winter, or their specific activity might require more specialist equipment- such as transceivers, shovels and probes.**