

# Stall Street Journal



## Let's GO HIKING!!

### Outdoor Survival Kit

\* **Big Stick** - Use it as a **walking stick**. It looks cool, helps you when you're tired, and might scare away snakes or other creatures if you let it hit the ground a little ahead of you.

\* **Whistle** - If you get lost or hurt, use your whistle.  
Remember, 3 blows means "I need help!"



\* **Compass**

\* **Snacks** - Fresh or dried fruit, bagels, granola, crackers, and a jar of peanut butter are great ideas for the outdoors. Make your **trail mix** by combining your favorite oat or wheat cereal with any combination of the following: raisins or other dried fruit, nuts, chocolate chips or M&Ms, and shredded coconut.

\* **Slip, Slop, Slap!** - Slip on a **shirt** (wear bright colors so nobody gets lost), slop on some **sunscreen**, and slap on a **hat** with a brim!



\* **Water** - You can survive a pretty long time without food (three weeks), but you really NEED clean, safe water.

\* **Bright Colored Bandana** - This can be useful in all kinds of ways! Put it on the end of a stick to make a flag, use it as a headband or tie it to your pack. It could even come in handy for first aid.



\* **Adult** - Plan ahead a time when an adult can come with you. They might not fit so well in your backpack, but they come in handy with things like first aid kits, maps, hand wipes, and toilet paper (just incase).