

## What you should take in a long winter trip:

- First aid kit and Manual
- List of emergency phone numbers
- Flash light and extra batteries
- Match box
- Bright colored clothes
- Plastic bags for sanitation
- Rain coat
- Small tools such as pikes and shovel.
- Canned food and manual opener.
- Extra bottled water.

## Important:

Never give a frostbite or hypothermia victim something with caffeine in it (like coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.