

5 Stone Preparedness Guide



Prepare, Respond, SERVE!

PREPAREDNESS = READINESS: BE PREPARED BY PLANNING AHEAD

Complete this 5 Stone Outdoors Preparedness Guide **BEFORE your trip**. Leave a copy with (or send a picture of it to) someone who can get help if needed and with others in the group.

Activity Name: _____ **Date(s) of Activity:** _____

People Attending:

Name:	Age:	Address:	Phone # /Radio Call Sign:	Emergency Contact:	Emergency Contact Phone Number:

Safety/Survival Equipment Checklist (non-inclusive):

Communications:	Medical:	Survival:	Personalized List:
Phone	5 Stone Medical Kit	5 Stone Survival Kit	
Radio	Important Medications	Shelter System (Ex: tarp, poncho)	
Signaling Flare	Tourniquet	Windproof Fire Starter	
Emergency Flashlight	Chest Seals	Waterproof Fire Tinder	
Whistle	Pressure Bandage	Water Vessel (Metal Single Wall)	
Foghorn	Gauze Bandage	Water/Purification System	
	Triangle Bandage (Cravat)	Food/Snacks	
	Splinting Device	Large Cotton Cloth (Ex. Shemagh)	
	Emergency Mylar Blanket	Knife	
	Trauma Shears	Cordage (Ex. 550 Cord)	
		Headlamp	

Route Planning:

Departure Address: _____ Date: _____ Time: _____

Destination Address: _____ Date: _____ Time: _____

Route Details: _____

Alternate Route Details: _____

Vehicle/Boat/ATV Description:

Make: _____ Model: _____ Color: _____ License #/State: _____

Parking Location (Ex: Barn, Field #, Boat Ramp, Cove, etc.): _____

E.A.P. (Emergency Action Plan):

If no contact by (date) ___ / ___ / ___, @ (time) ___:___ am/pm,

Call (name) _____ @ phone number (____) _____ - _____ OR CALL 911

Always obtain professional training. For professional training or questions, please visit www.5stoneusa.com

This document is intended as a guide. 5 Stone is not responsible for any incidents, accidents, or injury that may occur.