



# FIELD GUIDE

2024

## HOW TO GET HELP

FOR NON-URGENT ASSISTANCE, PLEASE CONTACT US VIA EMAIL AT [SUPPORT@OUTDOORRX.COM](mailto:support@outdoorrx.com). IN CASE OF AN EMERGENCY, DIAL 911 OR GO TO THE NEAREST EMERGENCY ROOM IMMEDIATELY. IF YOU FIND YOURSELF IN A REMOTE LOCATION, REFER TO THIS FIELD GUIDE FOR GUIDANCE.

## IMPORTANT NOTICE

The information provided in this guide is for general knowledge purposes only. It is not a substitute for professional medical advice or treatment for specific medical conditions. Do not use this information to diagnose or treat a health problem or disease without consulting a qualified healthcare provider. Always consult your healthcare provider with any questions or concerns you may have about your condition.

**IF YOU BELIEVE YOU ARE EXPERIENCING A MEDICAL  
EMERGENCY, CONTACT YOUR DOCTOR, VISIT THE  
NEAREST EMERGENCY DEPARTMENT, OR CALL 911  
IMMEDIATELY. THIS GUIDE IS PROVIDED FOR YOUR  
PERSONAL, NON-COMMERCIAL USE ONLY.  
REPRODUCTION, DISTRIBUTION,  
OR SALE OF THIS GUIDE IS STRICTLY PROHIBITED.**

## GENERAL ADVICE

- **SEEK PROFESSIONAL MEDICAL CARE:** ALWAYS CONSULT WITH A HEALTHCARE PROVIDER BEFORE USING ANY PRESCRIPTION MEDICATION INCLUDED IN YOUR MED KIT. EMERGENCY
- **PREPAREDNESS:** DO NOT RELY SOLELY ON THE MEDICATIONS IN YOUR KIT. IF YOU ARE FEELING UNWELL, SEEK MEDICAL ATTENTION. A HOSPITAL VISIT MAY BE NECESSARY.
- **ACT PROMPTLY:** DO NOT DELAY SEEKING HELP. IF YOU ARE IN DOUBT, IT IS BETTER TO BE CAUTIOUS AND GET HELP IMMEDIATELY.



## TABLE OF CONTENTS

1. AbdominalPain, Nausea, Vomiting, and Diarrhea
2. Allergy
3. AltitudeSickness
4. BackPain
5. Bleeding
6. COVID-19
7. ChestPain
8. Cold, Frostbite, and Hypothermia
9. Concussion and HeadInjury
10. Confusion
11. Cough
12. Dental Issues
13. Ear Problems
14. Envenomation and Bites
15. Eye Problems
16. Headache and Dizziness
17. Heat Exhaustion and Heat Stroke
18. Infection
19. Leg, Ankle, and Foot Pain
20. Motion Sickness
21. Nose and Sinus Issues
22. Pediatric Care
23. Pelvic and Urinary Issues
24. Shortness of Breath
25. Skin and Rashes
26. Throat Problems
27. Trauma
28. Travel and Tropical Medicine
29. Wilderness Medicine

# 1. Abdominal Pain, Nausea, Vomiting, and Diarrhea

## Symptoms and Causes:

- Abdominal Pain: Can vary from mild discomfort to severe pain and may be caused by digestive issues, infections, or food poisoning.
- Nausea and Vomiting: Often a result of infections, foodborne illness, or motion sickness. Persistent vomiting can lead to dehydration.
- Diarrhea: Can be caused by infections, food intolerance, or gastrointestinal conditions. It may lead to dehydration and electrolyte imbalance.

## Treatment Options:

- Hydration: Drink plenty of fluids to avoid dehydration, especially if experiencing vomiting or diarrhea. Oral rehydration solutions (ORS) are ideal.
- Medications: Anti-nausea medications like ondansetron and anti-diarrheal medications such as loperamide can help manage symptoms. Avoid anti-diarrheals if the cause is an infection.
- Diet: Stick to bland foods like crackers or rice if nausea or diarrhea is present. Avoid dairy, caffeine, and spicy foods.

## When to Seek Help:

- If symptoms persist for more than 24 hours or worsen.
  - If you experience severe abdominal pain, high fever, or blood in vomit or stool.
  - If signs of dehydration appear, such as dry mouth, dark urine, or dizziness.
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# 2. Allergy

## Symptoms:

- Mild Allergies: May include itching, rashes, sneezing, or a runny nose.
- Severe Allergies (Anaphylaxis): Symptoms include difficulty breathing, swelling of the face or throat, rapid pulse, and dizziness or fainting.

## Treatment Options:

- Mild Reactions: Antihistamines (e.g., diphenhydramine) can help reduce symptoms like itching and swelling.
- Severe Reactions: Use an epinephrine auto-injector immediately if symptoms of anaphylaxis occur. Follow up with emergency medical care.

## When to Seek Help:

- Seek immediate medical attention if symptoms of anaphylaxis occur, even after using an epinephrine auto-injector.
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- If mild symptoms persist or worsen over time.
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### 3. Altitude Sickness

Symptoms:

- **MildAltitudeSickness:** Headache, nausea, dizziness, shortness of breath, and difficulty sleeping.
- **SevereAltitudeSickness:** Symptoms may include severe headache, vomiting, confusion, and fluid buildup in the lungs (HAPE) or brain (HACE).

Treatment Options:

- **Prevention:** Ascend gradually and allow your body to acclimate. Stay hydrated and avoid alcohol.
- **Medications:** Acetazolamide can help prevent and reduce symptoms of altitude sickness. Pain relievers like ibuprofen can manage headaches.
- **Descent:** If symptoms persist or worsen, descend to a lower altitude as soon as possible.

When to Seek Help:

- If severe symptoms such as confusion, chest tightness, or severe shortness of breath occur, seek immediate medical attention and descend rapidly.
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### 4. Back Pain

Symptoms:

- **Muscle Strain:** Dull, aching pain that may worsen with movement.
- **Injury:** Sharp pain that may radiate to the legs, often associated with lifting or twisting movements.

Treatment Options:

- **Rest:** Avoid heavy lifting and strenuous activity until pain improves.
- **Cold/Heat Therapy:** Apply ice during the first 48 hours to reduce swelling, followed by heat to relax muscles.
- **Pain Relief:** Over-the-counter pain relievers like acetaminophen or ibuprofen can reduce pain and inflammation.

When to Seek Help:



- If pain persists for more than a few days or if accompanied by numbness, weakness, or loss of bladder/bowel control.
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## 5. Bleeding

### Types of Bleeding:

- Minor Bleeding: Small cuts or abrasions that can be managed with first aid.
- Severe Bleeding: Deep wounds or heavy bleeding that may require medical attention.

### Treatment Options:

- Minor Bleeding: Clean the wound with clean water, apply antiseptic, and cover with a sterile bandage.
- Severe Bleeding: Apply direct pressure with a clean cloth or bandage. If possible, elevate the injured area. Do not remove the initial cloth or bandage; apply additional layers if necessary.

### When to Seek Help:

- If bleeding does not stop after 10 minutes of applying pressure.
  - If the wound is deep, large, or if there is foreign material embedded in it.
  - If the person shows signs of shock, such as pale skin, weakness, or fainting.
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## 6. COVID-19

### Symptoms:

- Common Symptoms: Fever, cough, difficulty breathing, fatigue, and loss of taste or smell.
- Severe Symptoms: Persistent chest pain, confusion, bluish lips or face, or difficulty staying awake.

### Treatment Options:

- Self-Isolation: Stay away from others to prevent spreading the virus. Wear a mask and maintain good hygiene.
- Symptom Management: Use fever reducers like acetaminophen, and stay hydrated. Rest is crucial for recovery.
- Monitoring: Use a pulse oximeter to monitor oxygen levels if available.

### When to Seek Help:



- Seek immediate medical help if experiencing difficulty breathing, persistent chest pain, confusion, or if oxygen levels drop below 92%.
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## 7. Chest Pain

### Symptoms:

- PossibleCauses: Can be caused by heart conditions (e.g., heart attack), respiratory issues, or musculoskeletal problems.
- Signs of a Heart Attack: Intense chest pain or pressure, pain radiating to the arms, neck, or back, shortness of breath, and sweating.

### Treatment Options:

- Suspected Heart Attack: Take an aspirin (unless allergic) and seek emergency medical help immediately.
- Musculoskeletal Pain: If chest pain is likely due to muscle strain, rest and take pain relievers. Apply ice or heat as needed.

### When to Seek Help:

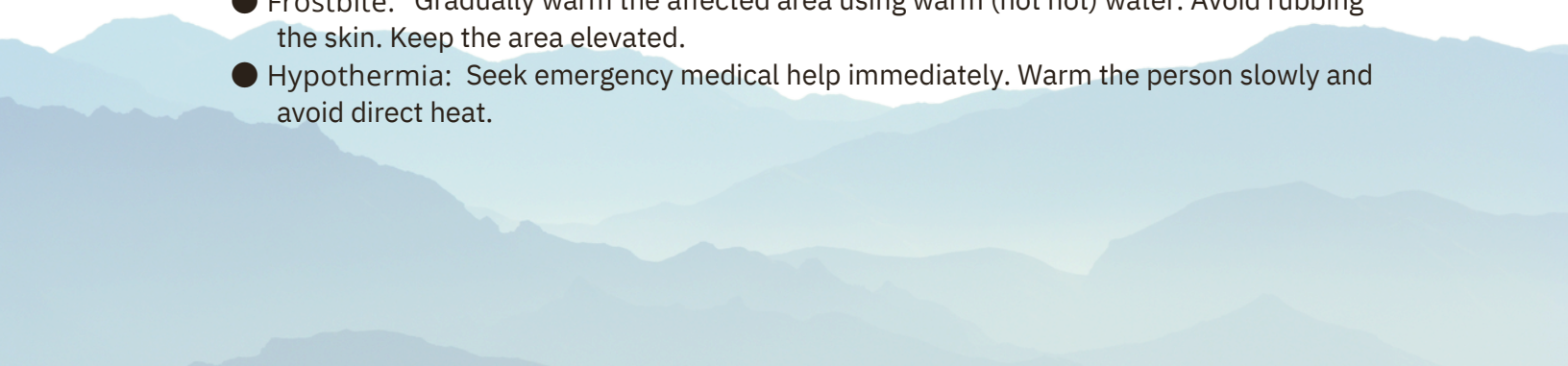
- Seek emergency medical help for any unexplained chest pain, especially if accompanied by shortness of breath, sweating, or dizziness.
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## 8. Cold, Frostbite, and Hypothermia

### Symptoms:

- Cold Exposure: Initial symptoms include shivering, numbness, and fatigue.
- Frostbite: Numbness and hard, pale skin in the affected area.
- Hypothermia: Shivering, slurred speech, drowsiness, and confusion. Severe hypothermia can lead to unconsciousness.

### Treatment Options:

- Cold Exposure: Move to a warm environment, remove wet clothing, and wrap in blankets. Drink warm (not hot) fluids.
  - Frostbite: Gradually warm the affected area using warm (not hot) water. Avoid rubbing the skin. Keep the area elevated.
  - Hypothermia: Seek emergency medical help immediately. Warm the person slowly and avoid direct heat.
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When to Seek Help:

- If signs of frostbite or hypothermia are present, or if a person is confused or unable to rewarm effectively.
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## 9. Concussion and Head Injury

Symptoms:

- Mild Concussion: Headache, confusion, dizziness, nausea, sensitivity to light, and brief
- Severe Head Injury: Persistent headache, repeated vomiting, loss of consciousness, or seizures.

Treatment Options:

- Rest: Avoid physical and mental exertion until symptoms subside.
- Monitor: Keep a close watch on symptoms for the first 24 hours, as they may worsen.
- PainRelief: Use acetaminophen for headache. Avoid aspirin or ibuprofen, as they can increase the risk of bleeding.

When to Seek Help:

- If symptoms worsen, such as increasing confusion, repeated vomiting, or loss of consciousness, seek medical help immediately.
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## 10. Confusion

Symptoms:

- PossibleCauses: Dehydration, heat exhaustion, infection, or head injury can lead to confusion or altered mental status.
- AssociatedSymptoms: May include dizziness, memory loss, or inability to focus.

Treatment Options:

- Hydration: Ensure the person is drinking fluids, especially if dehydration is suspected.
- Rest: Allow the person to rest in a safe and quiet environment.
- Monitor: Keep track of symptoms and note any changes.

When to Seek Help:





- Seek immediate medical help if confusion occurs suddenly, is severe, or is accompanied by other symptoms such as fever, headache, or difficulty breathing.
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## 11. Cough

### Symptoms:

- PossibleCauses: Respiratory infections, allergies, irritants, or chronic conditions like asthma.
- TypesofCough: Productive (wet) cough with mucus or dry, non-productive cough.

### Treatment Options:

- CoughSuppressants: For dry coughs that are disrupting sleep or daily activities.
- Expectorants: For productive coughs to help loosen mucus and clear the airways.
- StayHydrated: Drink plenty of fluids to help thin mucus and soothe the throat.

### When to Seek Help:

- If the cough persists for more than a week, is severe, or is accompanied by other symptoms like fever, chest pain, or shortness of breath.
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## 12. Dental Issues

### Symptoms:

- **ToothPain:** Often caused by cavities, infections, or injury.
- **Swelling:** Can indicate an abscess or gum infection.
- **Bleeding:** May occur due to gum disease or trauma.

### Treatment Options:

- **PainRelief:** Use over-the-counter pain relievers to manage discomfort.
- **OralHygiene:** Rinse with saltwater to clean the area. Apply a cold compress to reduce swelling.
- **TemporaryMeasures:** If a tooth is knocked out, keep it moist by placing it in milk or saline and seek dental care as soon as possible.

### When to Seek Help:

- If the pain persists, if swelling worsens, or if there is significant bleeding, seek dental or medical attention.
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## 13. Ear Problems

### Symptoms:

- **EarPain:** Can be caused by infections, blockages, or pressure changes.
- **Itching or Discharge:** May indicate an infection or earwax buildup.
- **HearingLoss:** Sudden or gradual hearing loss can be a sign of infection, earwax impaction, or injury.

### Treatment Options:

- **EarDrops:** Use ear drops for infections or to soften earwax. Follow the instructions provided.
- **PainRelief:** Use over-the-counter pain relievers to manage discomfort.
- **AvoidInsertingObjects:** Do not insert objects into the ear, as this can worsen the condition or cause injury.

### When to Seek Help:

Seek medical help if symptoms persist for more than a few days, if there is significant pain or discharge, or if hearing loss is sudden and severe.

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## 14. Envenomation and Bites

### Symptoms:

- **MildReactions:** Localized pain, swelling, redness, and itching.
- **SevereReactions:** Symptoms may include difficulty breathing, rapid swelling, or signs of anaphylaxis.

### Treatment Options:

- **CleantheArea:** Wash the bite or sting site with soap and water to reduce the risk of infection.
- **PainRelief:** Apply a cold compress to reduce swelling and take antihistamines for itching.
- **Epinephrine:** If you have a known severe allergy, use an epinephrine auto-injector immediately and seek emergency care.

### When to Seek Help:

- Seek immediate medical help if you experience symptoms of anaphylaxis, such as difficulty breathing, chest pain, or widespread swelling.
  - If bitten by a venomous animal, seek emergency medical care as soon as possible.
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## 15. Eye Problems

### Symptoms:

- **EyelIrritation:** Can result from foreign objects, infections, or allergies.
- **PainandRedness:** May indicate an infection, injury, or inflammation.
- **VisionChanges:** Blurry vision, double vision, or vision loss can signal a serious problem.

### Treatment Options:

- **EyeDrops:** Use lubricating or medicated eye drops as directed for irritation or infections.
- **ProtecttheEye:** If an object is stuck in the eye, do not attempt to remove it. Cover the eye with a clean cloth and seek medical attention.
- **AvoidRubbing:** Rubbing the eyes can worsen irritation or injury.

### When to Seek Help:

- Seek immediate medical attention if you experience severe pain, vision changes, or if a chemical or foreign object enters the eye.
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## 16. Headache and Dizziness

### Symptoms:

- **TensionHeadache:** Dull, aching pain, often related to stress or muscle tension.
- **Migraine:** Intense, throbbing pain, often accompanied by nausea, light sensitivity, and dizziness.
- **Dizziness:** Can be caused by dehydration, low blood pressure, or inner ear issues.

### Treatment Options:

- **PainRelievers:** Use over-the-counter pain relievers like acetaminophen or ibuprofen for headaches.
- **StayHydrated:** Drink fluids to prevent or reduce dizziness.
- **Rest:** Lie down and rest in a quiet, dark room if experiencing a migraine or severe dizziness.

### When to Seek Help:

- Ifheadachesaresevere,frequent,oraccompaniedbysymptomslikefever,stiffneck,or visual disturbances.
  - Ifdizzinesspersistsorisaccompaniedbychestpainorshortnessofbreath,seek medical attention.
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## 17. Heat Exhaustion and Heat Stroke

### Symptoms:

- **HeatExhaustion:** Heavy sweating, weakness, dizziness, nausea, and headache.
- **HeatStroke:** High body temperature, confusion, loss of consciousness, rapid pulse, and dry skin (no sweating).

### Treatment Options:

- **CoolDown:** Move to a shaded or air-conditioned area. Remove excess clothing and apply cool cloths to the skin.
- **Hydration:** Drink cool water or an electrolyte-replacement drink. Avoid sugary or alcoholic beverages.
- **EmergencyResponse:** For heat stroke, seek emergency medical help immediately. Do not give fluids if the person is unconscious.

### When to Seek Help:

- Seek immediate medical help if heat stroke symptoms are present, or if symptoms of heat exhaustion do not improve with cooling and hydration.
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## 18. Infection

### Symptoms:

- Local Infection: Redness, swelling, warmth, pain, and possibly pus at the site of a wound or injury.
- Systemic Infection: Fever, chills, body aches, and general malaise may indicate a spreading infection.

### Treatment Options:

- Clean Wounds: Clean any cuts or wounds with clean water and apply an antiseptic. Cover with a sterile bandage.
- Antibiotics: Use antibiotics as directed if provided in your kit and prescribed for your condition.
- Monitor: Watch for signs of spreading infection, such as increased redness or swelling.

### When to Seek Help:

- Seek medical attention if signs of infection worsen, if there is a spreading redness or swelling, or if you develop a fever or feel unwell.
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## 19. Leg, Ankle, and Foot Pain

### Symptoms:

- Sprains and Strains: Pain, swelling, and bruising, often due to overstretched or torn ligaments or muscles.
- Fractures: Severe pain, inability to bear weight, and visible deformity.
- Overuse Injuries: Gradual onset of pain, especially with activity.

### Treatment Options:

- RICE Method: Rest, Ice, Compression, and Elevation are key for managing sprains and strains.
- Pain Relief: Use over-the-counter pain relievers to manage pain and reduce inflammation.
- Immobilization: Use a brace or wrap to support the injured area and prevent further injury.

### When to Seek Help:

- If there is severe pain, inability to move or bear weight on the limb, or if there is a visible deformity.
  - If swelling and pain persist despite treatment.
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## 20. Motion Sickness

### Symptoms:

- Nausea: Feeling of queasiness, often accompanied by sweating and dizziness.
- Vomiting: May occur after prolonged nausea.
- Dizziness: Sensation of spinning or lightheadedness.

### Treatment Options:

- Medications: Use motion sickness medications like dimenhydrinate or meclizine before travel or at the onset of symptoms.
- Positioning: Sit in a position that minimizes motion (e.g., front seat of a car, over the wing on a plane).
- Ginger: Natural remedies like ginger can help reduce nausea.

### When to Seek Help:

- If symptoms are severe, persistent, or lead to dehydration.
  - If you have underlying conditions that might be aggravated by motion sickness.
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## 21. Nose and Sinus Issues

### Symptoms:

- Congestion: Blocked nasal passages, often due to colds, allergies, or sinus infections.
- Runny Nose: Excess mucus, often associated with allergies or infections.
- Sinus Pain: Pressure and pain around the forehead, eyes, and cheeks.

### Treatment Options:

- Decongestants: Use nasal sprays or oral decongestants to relieve congestion.
- Antihistamines: For allergy-related symptoms, use antihistamines to reduce runny nose and sneezing.
- Nasal Irrigation: Use a saline solution to rinse out the nasal passages and relieve congestion.

### When to Seek Help:

- If symptoms persist for more than 10 days, are severe, or are accompanied by a high fever.
  - If you experience facial pain, swelling, or a severe headache that does not respond to treatment.
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## 22. Pediatric Care

### Symptoms:

- **Fever:** Elevated body temperature, often accompanied by irritability, lethargy, or loss of appetite.
- **Common Illnesses:** Colds, ear infections, stomach bugs, and rashes.
- **Injuries:** Cuts, bruises, and sprains are common in active children.

### Treatment Options:

- **Fever Reducers:** Use acetaminophen or ibuprofen in age-appropriate doses to reduce fever and pain.
- **Hydration:** Ensure the child drinks plenty of fluids, especially if they are vomiting or have diarrhea.
- **Comfort Measures:** Keep the child comfortable, and monitor their symptoms closely.

### When to Seek Help:

- If the child has a persistent high fever, difficulty breathing, severe pain, or if symptoms worsen rapidly.
  - If there is a significant injury or the child is unresponsive or unusually lethargic.
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## 23. Pelvic and Urinary Issues

### Symptoms:

- **Urinary Tract Infections (UTIs):** Burning sensation when urinating, frequent urination, and lower abdominal pain.
- **Kidney Stones:** Severe pain in the back or side, nausea, and blood in urine.
- **Pelvic Pain:** Can be caused by infections, injuries, or chronic conditions.

### Treatment Options:

- **Hydration:** Drink plenty of water to help flush out bacteria or small stones.
- **Pain Relief:** Use over-the-counter pain relievers to manage discomfort.
- **Antibiotics:** If prescribed, use antibiotics to treat bacterial infections.

### When to Seek Help:

- If you experience severe pain, blood in urine, or if symptoms of a UTI persist for more than a few days despite treatment.
  - If there is a high fever, chills, or vomiting, seek medical attention immediately.
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## 24. Shortness of Breath

### Symptoms:

- **Mild Shortness of Breath:** Can occur with exertion, anxiety, or mild respiratory infections.
- **Severe Shortness of Breath:** Difficulty breathing at rest, gasping for air, or chest tightness.

### Treatment Options:

- **Rest:** Sit in a comfortable position and try to calm your breathing.
- **Inhalers:** If you have asthma or another respiratory condition, use your prescribed inhaler as directed.
- **Oxygen:** If available, administer oxygen if you are experiencing severe shortness of breath.

### When to Seek Help:

- Seek emergency medical attention if you experience severe shortness of breath, especially if accompanied by chest pain, confusion, or blue lips or face.
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## 25. Skin and Rashes

### Symptoms:

- **Rashes:** Red, itchy, or bumpy skin, often caused by allergies, irritants, or infections.
- **Cuts and Scrapes:** Minor skin injuries that may become infected if not treated properly.
- **Burns:** Painful, red, and blistered skin caused by heat, chemicals, or sun exposure.

### Treatment Options:

- **Antihistamines:** For itchy rashes, antihistamines can provide relief.
- **Topical Creams:** Use hydrocortisone cream for inflammation or triple antibiotic ointment for cuts to prevent infection.
- **Burn Care:** Cool the burn with running water, apply a sterile bandage, and avoid popping blisters.

### When to Seek Help:

- If a rash is widespread, persists for more than a few days, or is accompanied by fever.
  - If a cut or scrape becomes increasingly red, swollen, or starts to drain pus.
  - Seek immediate medical attention for severe burns or burns that cover a large area of the body.
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## 26. Throat Problems

### Symptoms:

- **SoreThroat:** Pain, scratchiness, or irritation in the throat, often due to infections or irritants.
- **DifficultySwallowing:** Pain or discomfort when swallowing, sometimes associated with swollen tonsils or glands.
- **VoiceChanges:** Hoarseness or loss of voice, often due to overuse or laryngitis.

### Treatment Options:

- **PainRelief:** Use throat lozenges, warm saltwater gargles, and over-the-counter pain relievers.
- **Hydration:** Drink plenty of fluids to keep the throat moist and soothe irritation.
- **Rest:** Avoid straining your voice and get plenty of rest to aid recovery.

### When to Seek Help:

- If a sore throat persists for more than a week, is severe, or is accompanied by difficulty breathing or swallowing.
  - If you notice white patches on the tonsils, which may indicate a bacterial infection that requires antibiotics.
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## 27. Trauma

### Types of Trauma:

- **MinorInjuries:** Include cuts, scrapes, and bruises that can be managed with first aid.
- **MajorTrauma:** Includes fractures, head injuries, and severe lacerations that require immediate medical attention.

### Treatment Options:

- **FirstAid:** Clean and dress minor wounds, apply ice to reduce swelling, and use splints to immobilize injured limbs.
- **PainRelief:** Administer pain relievers as needed to manage discomfort.
- **Immobilization:** For suspected fractures, immobilize the area and avoid moving the injured person unless necessary.

### When to Seek Help:

- Seek emergency medical help for any major trauma, such as suspected fractures, head injuries, or if the injured person is unresponsive or in shock.
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## 28. Travel and Tropical Medicine

### Symptoms:

- **Traveler's Diarrhea:** Commonly caused by consuming contaminated food or water in tropical regions.
- **Malaria:** Symptoms include fever, chills, and flu-like illness, often occurring in tropical areas.
- **Other Infections:** Include dengue fever, Zika virus, and typhoid fever, which can cause a range of symptoms including fever, rash, and body aches.

### Prevention and Treatment Options:

- **Vaccinations:** Ensure you are up to date on recommended vaccines before traveling to tropical regions.
- **Medications:** Take prescribed antimalarial medications and carry antibiotics to treat traveler's diarrhea or other infections.
- **Preventative Measures:** Use insect repellent, wear protective clothing, and drink bottled or purified water to reduce the risk of infections.

### When to Seek Help:

- If you develop a fever, severe diarrhea, or other concerning symptoms while traveling or after returning from a tropical region, seek medical help promptly.

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## 29. Wilderness Medicine

### Challenges of Wilderness Medicine:

- **Limited Resources:** Lack of immediate access to medical care or facilities.
- **Environmental Hazards:** Exposure to extreme weather, wild animals, and difficult terrain.
- **Isolation:** Being far from help means that you must be prepared to manage injuries and illnesses on your own.

### Treatment and Preparedness:

- **First Aid Kit:** Always carry a well-stocked first aid kit with supplies to treat a range of injuries and illnesses.
  - **Survival Skills:** Know how to navigate, build a shelter, and find clean water in the wilderness.
  - **Communication:** Carry a satellite phone or personal locator beacon to call for help in case of an emergency.
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