

# Overlanding 101: Safety



## Important safety tools for overlanding

- First aid kit
- Spare fluids
- Tire repair tools (fix-a-flat, tire iron, jack, spare tire, patch kit, DC-powered air compressor)
- Self-recovery gear (traction boards, snow chains, shovel)
- Recovery gear for extreme off-roading (snatch rope, winch, chains)
- Satellite communicator (optional)

**Where to learn about personal and vehicle safety and self-recovery:** Take a first aid and/or CPR course. You can find these online or at your local Red Cross chapter, REI store, or YMCA. To learn important vehicle recovery techniques, ask fellow overlanders to show you the ropes, watch videos online, or attend an in-person clinic.

## What should be in a first aid kit (at a minimum):

- Adhesive bandages
- Emergency blanket
- Painkillers
- Alcohol wipes
- Antibacterial ointment
- Gauze
- Blood clotting agent
- Personal medications
- Pet medications and first aid supplies (if traveling with a pet)

**Safety first:** Just like when hiking, backpacking, or traveling solo, always tell someone where you're going and when you plan to be back.