



The Ultimate Guide for Outdoor Essentials





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LIFE'S AN ADVENTURE. BE READY.™



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Who Is Erin Crider?

Erin grew up with a passion for fishing and a deep connection to outdoor activities. Her love for nature led her to relocate to Colorado, where she could fully indulge her desire to explore the uncharted backcountry of the western United States. Many western states boast vast stretches of public land that cater to activities such as fishing, hiking, hunting, and foraging for forest treasures like sheds and mushrooms. Erin, a seasoned outdoors enthusiast and expert, wholeheartedly embraces the natural world and values conservation. It's this very passion that inspired her to establish an organization known as [Uncharted Outdoorswomen](#) dedicated to empowering women to share in her enthusiasm for the outdoors and conservation.

1791 Everyday Carry and Uncharted Outdoorswomen have joined forces and collaborated to create a piece that we believe will thrill our readers. Let's explore the following insights and discover an exciting way to create new adventures in the outdoors.

“Erin is a seasoned outdoor enthusiast and expert.”



1: Choosing the Right Gear

Regarding outdoor apparel, Erin highly recommends prioritizing natural materials such as leather, cotton, and hemp. This approach aligns with environmental sustainability, as these materials break down more easily without contributing to pollution, unlike synthetic materials like polyester and plastic. Moreover, it is advised to invest in quality gear, which pays off in the long run. Exploring thrift stores to seek cost-effective outdoor clothing options is another choice worth considering.

For beginners venturing into outdoor adventures, she recommends essential gear to kickstart their journey. This includes items like a brightly colored rain jacket, a GPS device, hiking pants, and waterproof hiking boots. Outdoor gear such as [everyday carry tool organizers](#) are always essential to keep your belongings safe, in good condition, and safe.

To adequately prepare for various outdoor activities like hiking, camping, or backpacking, Erin emphasizes the importance of planning. Collaborate with friends and ensure someone is aware of your itinerary in case of unforeseen delays. Thorough research on the trails and camping areas in the chosen location is crucial. It might be necessary to obtain a park pass or reserve a camping spot in advance. Stay vigilant about weather conditions and pack accordingly. Essential items such as a flashlight, knife, and a first aid kit should be included in your gear, and anticipate being out of cell service range. Adding a [GPS device](#) to your equipment can significantly impact your safety in challenging situations. Lastly, she advises adhering to “leave no trace” principles to minimize environmental impact.

“Erin even suggests downloading maps in advance.”



2: The Essential Survival Tools

Now let’s talk about the importance of key survival tools and safety measures for outdoor adventures. You should always carry one or two knives with extra blades and ensure your flashlight or headlamp is readily available. Erin even suggests downloading maps in advance and always communicating your plans with your family and/or friends to enhance safety. Her trusty hatchet accompanies her, allowing her to process deadfall trees for campfires. Erin also shares a critical lesson from her experiences. She highlights the significance of a water bladder with a reachable tube, which aids in staying hydrated during hikes. She notes that using a water canister doesn’t work for her, as it often leads to inadequate hydration and even headaches, particularly in cold hunting conditions.

3: Navigation and Orientation

In the realm of navigation and orientation, she emphasizes her reliance on tools to navigate unfamiliar terrains. She utilizes [OnX Hunt](#) to download maps and waypoints in advance, a practice that greatly facilitates her outdoor excursions. Erin finds the tracking tool especially valuable in retracing her path, ensuring she safely returns to the trailhead. Additionally, she utilizes the measuring tool to gauge the distance of the trails she explores. For the benefit of our readers, she offers insightful advice on enhancing map-reading and navigation skills and strongly recommends taking a course to gain a thorough understanding of the intricate details featured on maps. Avoid using your phone as a compass to preserve its battery life. Instead, carry a compact ball compass for direction.

4: Food and Water

It is important to have a well-thought-out approach to meal planning and food storage during outdoor trips. Incorporating options for sourcing fresh meat, like hunting or fishing, can enhance the outdoor culinary experience. Alternatively, choosing lightweight and convenient foods such as tea, hard-boiled eggs, peanut butter, veggies, and items available at local grocery stores along the way, like homemade salsa, ensures a diverse and satisfying menu. Ensuring a safe and adequate water supply in the wilderness is crucial. Carrying water purification tablets can help treat water found along the journey. Additionally, having a minimum of three gallons of water for a weekend trip is recommended. Freezing one gallon and placing it in a cooler is a practical way to keep water cold without relying on purchased ice. When it comes to outdoor cooking, exploring and experimenting with various recipes and techniques can elevate the camping or hiking experience. Erin loves campfire brie! It's a delicious option, made by combining a generous portion of brie with sliced roma tomatoes, fresh basil, and a drizzle of balsamic glaze. Cooking this delightful dish over an open flame and serving it with slices of French bread can add a touch of culinary delight to any outdoor adventure.

5: Shelter and Sleep

When it comes to choosing shelter options for camping or backpacking, considering eco-friendly choices like outfitters tents is a wise move. These tents are renowned for their durability, withstanding even the most severe Rocky Mountain weather conditions. Surprisingly, they come at a similar price point to conventional polyester backpacking tents. Setting up these tents effectively involves following the manufacturer's guidelines and securing them in a safe and stable manner. For ensuring a restful night's sleep during outdoor adventures, a little secret comes in handy – bring a sound machine! The soothing sounds of nature or calming melodies can mask any disruptive noises, allowing campers and backpackers to enjoy a peaceful slumber in the midst of the wilderness. This small addition to your gear can make a significant difference in the quality of your sleep.

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6: Health and Safety

Understanding and addressing health concerns is paramount for outdoor enthusiasts. It is crucial to be aware of your mobility level and limitations when venturing into the great outdoors. Communicating openly and proactively with your group or guide is essential. If you encounter any difficulties or reach a point where you can't continue, don't hesitate to voice your concerns.

Always advocate for your well-being during outdoor excursions. If you have specific health concerns, it's advisable to inform your guide in advance and provide them with a discrete signal or reminder before the event.

Assembling a comprehensive [wilderness first aid kit](#) is a prudent step for anyone spending time in the wild. These kits can be conveniently purchased online and should be regularly updated with fresh medications. One practical addition to these kits is extra shoelaces. In the backcountry, finding a replacement for a broken shoelace can be challenging. Carrying spare shoelaces ensures that you're prepared for unexpected situations, helping you stay comfortable and safe during your outdoor adventures.

7: Environmental Responsibility

Responsible outdoor ethics and environmental protection are highly important too. The land we explore today is borrowed from future generations. Treating it poorly now could deprive our descendants of the natural beauty and recreational opportunities we enjoy. One way to contribute positively to the environment is by purchasing fishing and hunting licenses, as the funds generated are reinvested in conservation efforts. Another crucial principle is not feeding wild animals. When animals become reliant on human-provided food and the seasons change or food sources are unavailable, they may miss their migration routes, leading to starvation and tragic consequences, including leaving their young vulnerable. And last but not least, remember packing out trash. This is essential for preserving nature's beauty and protecting wildlife. Don't litter – help maintain pristine landscapes for all.

8: Planning Your Adventure

Outdoor adventure planning involves destination selection, permits, and regulations. The Rockies' weather patterns, particularly storm cells in spring, necessitate early descents. Essential gear like rain jackets and waterproof boots ensures preparedness for unpredictable weather. For challenging trips, such as cold-weather hunt camps, preparation is key. Overcoming early mornings in snow is eased with heated vests, socks, and gloves, worn overnight and turned on for a warm start. Managing body temperature effectively is essential, toggling these accessories off during hikes to prevent sweating and back on at designated spots to stay warm. Emergency preparedness includes wildfire readiness, especially during fire seasons. The Rockies lack fire sirens, but a bandana or buff can aid breathing in smoky conditions. Carrying a GPS device enhances safety and navigation during emergencies or unexpected situations.

Conclusion:

Erin's insightful contributions are greatly appreciated. She leaves aspiring outdoor enthusiasts with valuable advice. Before embarking on any outdoor adventure, consider taking a [preparatory class](#) to ensure you have the necessary skills and equipment, thereby avoiding unnecessary expenses. It's worth noting that they offer a wide range of classes to cater to your needs. For those looking to stay connected and stay updated with Erin's adventures and outdoor insights, the expert and her team are active on social media platforms. To explore more events and resources, visit <https://unchartedoutdoorswomen.com/>





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