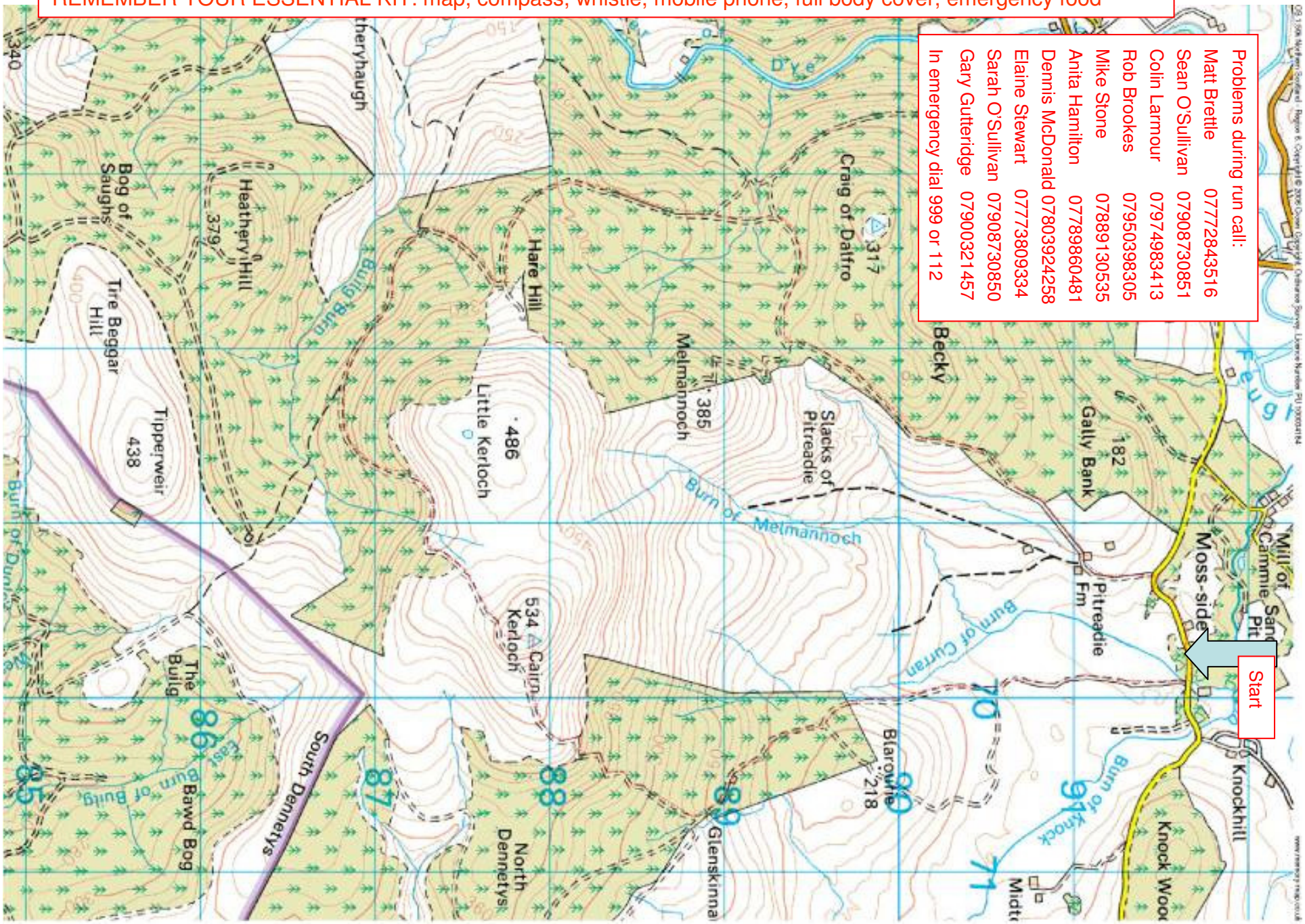REMEMBER YOUR ESSENTIAL KIT: map, compass, whistle, mobile phone, full body cover, emergency food