



SOFME Questions

1. What is a tool you can use to help you if you are lost?
 - a. Map
2. When hiking, what kind of support should your shoes have?
 - a. Ankle support
3. In cold weather, what should you wear?
 - a. Multiple layers
4. How should you always treat the natural environment?
 - a. With respect
5. What should you always have when going hiking?
 - a. A plan
6. What can you use if you've broken or injured a limb?
 - a. Splint
7. What do you wear to protect you from sunburn?
 - a. Sunscreen
8. What does SOFME stand for?
 - a. Special Operations Forces Medical Element
9. What can you use to ensure the water is safe to drink?
 - a. Water filter
10. What can you drink to prevent dehydration?
 - a. Water!