

Troop 442

High Adventure



The Ten Essentials

Whenever backpacking or day hiking, every Scout must have and carry at all times *The Ten Essentials* (yes, there are more than ten). They are insurance against the unexpected and can be lifesavers in an emergency. When backpacking, *The Ten Essentials* should be separately packed (e.g., in a fanny pack or day pack) so they can be taken on excursions from a base camp.

1. Map
2. Compass
3. Flashlight (extra batteries and bulb)
4. Extra food (e.g., energy bars)
5. Extra clothes (wool or synthetics, *not* cotton)
6. Space blanket
7. Sunglasses (UV protective)
8. First-Aid Kit
9. Pocket Knife
10. Waterproof matches
11. Firestarter
12. Water/Filter/Bottles
13. Whistle (plastic not metal)
14. Signal mirror
15. Bandana
16. Insect repellent or clothing
17. Sunscreen

Having the right equipment is not enough! While *The Ten Essentials* are a must, every Scout must gain the experience and knowledge and exercise good judgment to engage in high adventure activities safely.

Be prepared.