

TEN ESSENTIALS to take on any trip in the wilderness:
(Courtesy of Scouting Magazine March-April 2004)

1. **Pocketknife or Multipurpose Tool**
2. **First-aid Kit (including elastic bandage for sprained joints)**
3. **Extra Clothing (change of clothes/warm clothes, depending on trip)**
4. **Flashlight or Headlamp with extra batteries**
5. **Rain gear**
6. **Water (2 quarts/liters minimum recommended)(and possibly water filter/treatment, depending on trip)**
7. **Map & Compass (or GPS and spare batteries)**
8. **Matches & Fire Starter**
9. **Sun Protection (hat, sunglasses, and sunscreen for exposed skin)**
10. **Food (snacks or more, depending on trip)**

RECOMMENDED ADDITIONS:

1. **Whistle and Signaling Device (like a mirror)**
2. **Rope**
3. **Trash Bags (for carrying out trash, and multiple other uses)**
4. **Tissues**
5. **Needed Prescription Medicines & Medical Equipment**
6. **Spare Eyewear/Repair Kit (for those who need them)**
7. **Pencil & Paper**
8. **Medical Form & Roster of Telephone Numbers**
9. **Cell Phone**
10. **Spare socks & liners**
11. **Latrine Kit (Shovel, toilet paper)**

OTHER IMPORTANT CONSIDERATIONS:

1. **Pack all items in zip-lock plastic bags**
2. **Never travel alone**
3. **Always leave an itinerary (where you are going & when you expect to return)**
4. **Wear appropriate footwear for conditions**
5. **On long hikes, wear synthetic liner socks plus outer socks to minimize blisters**