

Troop 870

10 Essentials-Don't Leave Home Without Them!

THE 10 ESSENTIALS are items every outdoor adventurer should include in his pack. Carrying these items will enable a person to survive most emergency situations.

These vital supplies will allow you to treat some injuries and help keep you or an injured companion alive until help arrives. Remember, even rescues in relatively accessible places take time.

The 10 Essentials:

1. Map & Compass, Whistle & Signaling Mirror

A map not only tells where you are and how far you have to go, it can help you find campsites, water, and an emergency exit route in case of an accident. A compass helps you find your way through unfamiliar terrain—especially in bad weather where you can't see the landmarks. The whistle and mirror will allow you to signal for help.

2. Water bottle filled with drinking water

One liter Nalgene type water bottle. A wide mouth style works best.

3. Matches in waterproof case and fire starter

Regular strike anywhere kitchen matches are OK. Water resistant matches are better. Matches need to be stored in a waterproof container no matter what.

4. Pocket Knife (sharp) or Multipurpose Tool

5. Rain gear

Poncho or Rain Suit. Weather happens. Follow the Boy Scout Motto, "Be Prepared". Just remember that a \$3-\$4 rain jacket or poncho is not a good buy if seams tear the first time it is used.

6. Clothing as needed for the weather

7. Emergency food

Granola bars, trail mix or jerky are good options. **No peanuts please.

8. Sun and insect protection (hat, sunscreen, insect repellent)

Hats are needed for sun protection remembering that baseball hats do not cover the ears or neck. SPF-30 sunscreen and lotion style insect repellent work best.

9. Flashlight

AA cell sized flashlight or headlamps are best. C or D battery flashlights can be too heavy.

10. First-aid kit

All Scouts should carry the Personal First Aid kit they made for 2nd Class. Be sure to include moleskin for blisters!