

***THE TEN ESSENTIALS**

Having the Ten Essentials and Knowing How to Use Them Can Save Your Life!

Ten Essential "Systems"

1. Navigation (map, compass, GPS, altimeter)
2. Sun protection (sunscreen, lip balm)
3. Insulation (extra clothing)
4. Illumination (headlamp or flashlight with extra batteries)
5. First-aid supplies (including personal meds)
6. Fire (waterproof matches/lighter, firestarter)
7. Repair kit and tools (cord, pocketknife/multi-tool)
8. Nutrition (extra high calorie food)
9. Hydration (extra water and means to make water safe to drink)
10. Emergency shelter (emergency blanket or bivy)

Beyond the Ten Essentials

(Other important items to have)

1. Insect repellent (your two most effective options are lotion or spray repellents containing DEET or natural repellents, and/or clothing that have been treated with permethrin).
2. Whistle (for summoning help; it will outlast your vocal chords).
3. Ice ax (for safety when crossing snow fields in mountainous regions).
4. Communication device (two-way radios, a mobile/satellite phone or a satellite messenger can add a measure of safety in many situations).
5. Knowledge (having items in your pack have no value unless you understand how to use them).

Classic Ten Essentials (1938)

1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp/flashlight
6. First-aid supplies
7. Firestarter
8. Matches
9. Knife
10. Extra food

