

Summary of the 'Ten Essentials' Gear

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|-----|----------------|--------------------------------------------------------------------------|
| 1. | Navigation | Map, Compass, Whistle. |
| 2. | Sun Protection | Sunscreen, dark glasses, hat, bandana. |
| 3. | Insulation | Extra clothes. (See pages 203 and 204 of the Handbook.) |
| 4. | Illumination | Working flashlight, extra batteries. |
| 5. | First Aid | Assorted Band-aids, Neosporin, moleskin, soap, toilet paper (Kybo Tape). |
| 6. | Fire | Waterproofed matches & homemade firestarters. |
| 7. | Repairs | Small sharp knife & 6' of duct tape. |
| 8. | Nutrition | Extra food & eating utensils. |
| 9. | Hydration | 1-quart canteen filled before leaving home. |
| 10. | Shelter | Raingear, garbage bags, 50' of line, ground cloth, backpack. |

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