

## **The Outdoor (Ten) Essentials:**

Any time a Scout goes on a camping trip, hike, or any trek he should always be prepared by carrying the following ten essential items in his pack. These essentials will allow a scout to survive in the outdoors in most emergency situations.

- ☐ Pocketknife (when you complete Totin' Chip training)
- ☐ First aid kit
- ☐ Extra clothing
- ☐ Rain gear (small poncho)
- ☐ Water bottle (Nalgene)
- ☐ Flashlight or headlamp
- ☐ Trail food
- ☐ Matches/Fire starter (when you complete Firem'n Chit training)
- ☐ Sun protection (hat, sunscreen, sun glasses)
- ☐ Map and compass
- ☐ Medication (as approved by trek leader)

Recommendation beyond the Ten:

- ☐ Insect repellant
- ☐ Toilet paper (small amount)
- ☐ Whistle
- ☐ Multi-tool (Leatherman)
- ☐ Duct tape
- ☐ Emergency blanket
- ☐ Notepad and pencil
- ☐ Phone numbers (Plus an out of state emergency contact)
- ☐ Glasses (spare pair or if you wear contacts)
- ☐ Deck of cards
- ☐ Para cord rope (length you decide)
- ☐ Bandana