

## A Boy Scout Guide to the “10” Essentials

10 Essentials	Examples
1. Navigation/Communication	Map and compass, notebook, pencil
2. Sun protection	Sunscreen, hat, sunglasses, layers, handkerchief
3. Insulation	Warm and wind clothing layers
4. Illumination	Headlamp or small flashlight
5. First-aid supplies	Personal first aid kit, handkerchief
6. Fire	Matches or lighter, flint, TP, notebook
7. Repair kit and tools	Knife, cord, duct tape, sewing kit, handkerchief
8. Nutrition	G bars (high calorie), etc
9. Hydration	Water bottle (water treatment)
10. Emergency shelter	Poncho, Lg trash bag, space blanket

### Building your 10 essentials “Kit”

In a small zippered pouch that you can always find:

- A card with your information on it
  - Name
  - Phone number
  - Emergency contact
  - Medicines you need
  - Allergies
- Compass
- Small notebook, pen/pencil
- Small bottle of sunscreen (check for sample sizes, refill as needed)
- Small flashlight/headlamp
- Personal first aid kit (can be homemade and in a baggie)
- Strike anywhere matches in a waterproof container
- Pocket knife
- 10-20' parachute cord
- Small sewing kit (commonly found at hotels)
- Bug Repellent
- TP (about ¼ of a roll with book matches in a sandwich baggie)
- Large trash bag (fold small and use a rubber band).

Clothing:

- Hat
- Cotton handkerchief (1 or 2)
- Sunglasses
- Wind layer (long sleeves/pants)
- Other layers as appropriate

Misc.:

- 1 qt water bottle
- Map
- 2 - Granola or energy bars (this is “extra” food)

## Personal First-Aid Kit Contents

A simple kit that can be stored in a 1 qt ziplock freezer bag.

- 6 adhesive bandages (3/4" and 1")
- 2 sterile, 3-by-3-inch gauze pads
- A small roll of adhesive tape
- Package of moleskin
- A small bar of soap or small bottle of alcohol-based hand sanitizing gel
- A small tube of triple antibiotic ointment
- Scissors (if not available on a knife)
- 1 Pair disposable nonlatex gloves