10 Essentials Check List

Patrol: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patrol Leader: Each scout should carry the 10 essentials. For **each member** of your patrol check off each of the 10 essentials that the scout has with them. How did your patrol do? Different gear can be used to satisfy the 10 essentials. Discuss what gear each scout had and other possible options.

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