

The Ten Essentials

1. **Map** of the area (usually you can download from the internet)
2. **Compass** (these are available at big 5 for about \$10 The one I like is a lime green clear plastic and you can set the declination)
3. **Flashlight/headlamp** (be sure to have an extra set of batteries that fit your flashlight/headlamp)
4. **Extra food** (We recommend beef jerky, power bars, goo, trail mix, anything small with nutritional value no candy, no junk)
5. **Extra clothing** (depends on the trip but usually it is a change of clothing in case you get wet etc this trip all we need is a jacket or sweatshirt)
6. **Rain gear** (always carry rain gear even if the sun is out. the 99 cent large ponchos (Kmart) are great and lightweight)
7. **Small First Aid Kit** (be sure to include an extra day of any medication you are taking or might need in an emergency even though it s only a one day hike.)
8. **Pocket knife** (knives must be scout appropriate must be a folding pocket knife nothing over a 3 inch blade)
9. **Matches** (stored in a water tight container, occasionally we will ask the scouts not to bring matches/fire starters if fire danger is high, but leaders always have them)
10. **Fire starter** (can be candles, chemical fire starter, lint and wax etc)

The "Plus" Essentials

11. **Space blanket** (aka emergency blanket available at K Mart they look like foil and cost about \$2.00 in case of emergency they are used as windbreaker, heat reflector, signaling device)
12. **Sunglasses**
13. **Toilet paper** or tissue small camper roll
14. **Sunscreen**
15. **Head covering** (for rain/warmth Troop hat either the black baseball type or the red beanie or both)
16. **Duct tape** There are a 1000 uses for duct tape in the wild
17. **Insect repellent**
18. **Iodine tablets** or water pump (carry extra water if water location is a potential problem)
19. **Trash bag**
20. **"In case of emergency" card** (I will pass these out it our guys generally wear them in their red holders. If you don't have one see me! It simply lists name and number to call in an emergency, medications, medical conditions, whether or not you are a contact lenses wearer etc. You may want to include a copy of your scouts insurance card.) We felt this was a good idea because even though we maintain a current notebook. of up to date class 2 medical forms if a kid gets hurt the chances are he wont be standing right next to the notebook when it happens)

I forgot to mention that scouts are generally always required to bring the scout handbook a pen or pencil and small pad of paper to write on.

When hiking a hiking or walking stick is a good idea

a small unbreakable mirror is good to have under the plus category

I recommend that you have your scout place all this stuff in a plastic zip lock or other bag so it is always together and always easy to find and put into his day pack

From time to time there may be more things but this is the list for now.

