

Troop 341

The 10 Essentials

First developed in the 1930s, the 10 essentials is a systematic way to insure that mountaineers are prepared for an accident or an emergency.

How much should be included in each category forms the basis of a healthy debate. However the leader should make sure that each of these categories is reasonably “covered”.

Additionally there may be things that need to be added, depending on the outing. Personally I expect each scout and adult to have these basics covered and we always do a **group pack inspection** immediately prior to starting out on the trail.

The 10 Essentials

1. **Navigation** – maps, compass, trail guides
2. **Sun and Rain Protection** – sunscreen, sunglasses, hat, and rain gear
3. **Insulation** (extra clothing) – raingear and non-cotton clothing suitable for the outing
4. **Illumination** – headlamp and/or flashlight. Always plan to be out after dark
5. **First Aid Supplies** – personal first aid kit
6. **Fire** – more than one method of fire starting: waterproof matches, lighter, metal match
7. **Repair Kit and Tools** – 50’ parachute cord, duct tape, etc.
8. **Nutrition (extra food)** – everyone must have something nutritious
9. **Hydration** – two one liter bottles or bladders. No exceptions and have a back-up system
10. **Emergency Shelter** – unpacked, prepared and ready to go