

EQUIPMENT LIST

Ten Essentials

NO	ITEM DESCRIPTION	QUANTITY	COMMENTS
1	Extra Food	1	Enough to survive for 3 days min.
2	Extra Clothing	1	NO COTTON: Keep dry by packing in plastic bag lined stuff sack
3	First Aid Kit	1	Include personal medications, moleskin for blisters.
4	Sun Protection	1	Sunglasses and sunburn protection.
5	Knife	1	Keep it sharp
6	Fire Starter	25 min	Vaseline soaked cotton balls, dried tinder, dryer lint, chemical fuel starters, etc.
7	Matches	100 sticks min	Pack in waterproof container
8	Flashlight	1	Include extra batteries and bulb
9	Map	1	Always bring the correct map of the area. Be sure to mark the Magnetic Declination arrow on the map to help orient it.
10	Compass	1	Rotating bezel with direction of travel and degrees is preferred. Lensatic compass more cumbersome to use.
<i>11th</i>	<i>Whistle and Mirror</i>	<i>1</i>	<i>Emergency Signal</i>