TEN ESSENTIALS

'Be prepared'! Just like every Scout every camper should be equipped with these ten essentials on any camping trip:

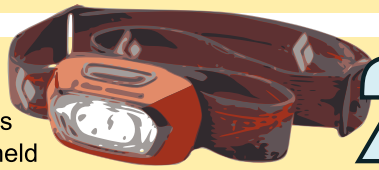
1 Contingency & First Aid Kit



"Contingencies" (someone forgot a flashlight, wet weather makes fire building difficult, etc.) are more common than emergencies. A first-aid kit supplemented with a spare flashlight, spare whistle, trail food, matches, and fire starters is your 'air bag' – essential but you hope, (like the air bag in your car), you'll never need it.

First Aid Kit Bag
+
Spare Whistle
+
Spare Flashlight
+
Trail Food
+
Matches and Fire Starters

2 Flashlight



A sturdy headlamp is better than a hand-held flashlight. LED lights (one with a brightness of 35 lumens is more than adequate) use less power and batteries last longer.

3 Trail Food



Carry a few granola bars, protein bars, trail mix, or other compact, high-energy, high nutrition food (avoid sugar -based snacks). Carry a couple of additional nutrition bars in the Contingency & First Aid Kit.

4 Matches & Fire Starters



There are any number of fire starter alternatives; many can be made at home.
If you need to get a fire going in difficult circumstances, you want a proved fire starter and matches in a waterproof container.

5 Sun Protection



In direct sun in hot weather sunburn and some level of heat exhaustion are common. Staying hydrated, using sunscreen and wearing a broad-brimmed hat are important.

6 Whistle



If you become lost or separated stay put and use a whistle. Signal by blowing three blasts (a well-known emergency signal).

Spend a little more on one designed to signal over distances; cheap insurance should you need it.

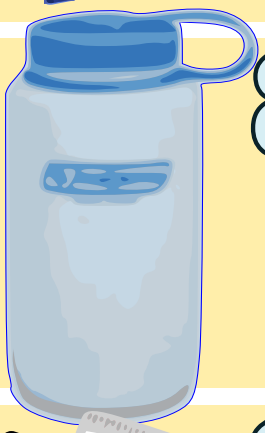
7 Rain Gear



Staying warm is crucial, and it's hard to stay warm if you are wet.

Rain pants and a rain jacket are essential, Ponchos restrict movement and don't trap warmth near your body.

8 Water



An adequately sized (32 ounces), wide-mouthed rugged water bottle. In dry or hot climates carry two. Include some simple way to purify water, tablets or other chemical treatments don't take up much space.

9 Map & Compass



A simple base-plate compass is best.

Buy a reliable brand rather than a cheap knock-off, it's worth spending a bit more for an accurate compass.

10 Pocket Knife



A sturdy, well-made simple combination knife is ideal for camping.

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