

The Ten Essentials

Any time a Scout goes on a camping trip or hike, he should always be prepared by carrying the following ten essential items in his pack. These essentials will allow a scout to survive in the outdoors in most emergency situations.

The ten essentials are: (actually 14)

___ A WHISTLE

- ___ water bottle or canteen (with water in it!)
- ___ extra food (trail mix works great)
- ___ extra clothing (parka or wool sweater)
- ___ rain gear (a disposable poncho or garbage bag will do or double up with a waterproof parka)
- ___ first-aid kit (small personal)
- ___ map and compass
- ___ matches (in waterproof case) and fire starter
(cotton, steelwool or candle in film can)
- ___ pocketknife (when you pass your Totemchip)
- ___ sun protection (sunscreen and/or hat)
- ___ flashlight with good batteries and of course there is the eleventh essential:
- ___ toilet paper (in zip-lock plastic bag)
- ___ Foil emergency blanket