

# 10 Essentials

Can you respond positively to an accident or emergency? Can you spend the night in the wilderness?

# 10 Essentials

- The 10 Essentials have evolved over time from a list of individual items to a list of functional systems.

# 10 Essential Systems

- Navigation
- Sun Protection
- Insulation (Extra Clothing)
- Illumination
- First Aid Supplies
- Fire
- Repair kit & tools
- Nutrition (Extra food)
- Hydration (Extra water)
- Emergency Shelter



# 10 Essentials (Comparison)

## 10 Essential Systems

- 1. Navigation
- 2. Sun protection
- 3. Insulation
- 4. Illumination
- 5. First Aid Supplies

## 10 Essential Classic List

- 1. Map
- Compass
- 2. Sunglasses/Sunscreen
- 3. Extra Clothing
- 4. Headlamp/Flashlight
- 5. First Aid kit

# 10 Essential (Comparison)

## Systems

- 6. Fire
- 7. Repair Kit & tools
- 8. Nutrition
- 9. Hydration
- 10. Emergency Shelter

## Classic List

- 6. Firestarter  
Matches
- 7. Knife
- 8. Extra Food
- 9. Extra water/purification
- 10. Bivy Sack/Tarp

# My 10 Essentials



# My essentials that never leave my pack

- Chord
- Hotties
- Bootlace
- Signal mirror
- Water pills
- Headlamp/light
- Compass
- Lighter/Matches/Lint
- Multi-tool
- Sunscreen
- Bug juice
- Garbage bag



# WHAT'S IN YOUR WALLET?





# AVOID THE NEWS



# THE END

