

The Ten Essentials for Hiking/Backpacking

The "Ten Essentials" is a list of items that can save your life in the event of an outdoor emergency. You probably don't need these items on a Greenways walk or urban hike but we strongly urge you to carry them with you on any backcountry outing. Consider the Ten Essentials as an insurance policy against the unexpected. You will not use these items on every trip but at some point during your hiking career you will be glad you have them along.

Ten Essentials

1. Map
2. Compass
3. Flashlight/headlamp (be sure to have an extra set of batteries that fit your flashlight/headlamp)
4. Extra food (enough for one extra day)
5. Extra clothing
6. Rain gear (jacket and pants-always carry rain gear even if the sun is out)
7. First aid supplies (be sure to include an extra day of any medication you are taking or might need in an emergency)
8. Pocket knife
9. Matches (stored in a water tight container in addition to matches or a butane lighter)
10. Fire starter (can be candles, chemical fire starter, backpack size fire logs)

For a more detailed discussion on the Ten Essentials, go to:

<http://www.twohikers.org/Gear/TenEssentials.htm>

Other Essentials

11. Space blanket (used as windbreaker, heat reflector, signaling device)
12. Sunglasses
13. Toilet paper
14. Extra socks/liners
15. Head covering (for rain/warmth)
16. Duct tape
17. Insect repellent
18. Iodine tablets or water pump (carry extra water if water location is a potential problem)
19. Trash bag
20. "In case of emergency" card (list name and number to call in an emergency, medications, medical conditions and whether or not you are a contact lenses wearer). You may want to pack your driver's license and insurance card in a plastic bag for protection.

21 Cell phone