The Ten Essentials is a list of recommended items that all hikers and backpackers should carry to insure safety, survival and a minimal level of comfort. Please note that, Some of this items might not seem necessary in a group hike as the leader should have them; still, its good practice to always carry them. (Note: This is the updated System approach)

1. Navigation: Map, Compass, Altimeter
2. Sun Protection: Sunglasses, Sunscreen, Lip Balm, Hat
3. Insulation: Jacket, Vest, Rain Gear, Gloves
4. Illumination: Headlamp and/or Flashlight
5. First Aid: First Aid Kit, Medication
6. Fire: Matches, Fire Starter
7. Repair Kit and Tools: Knife or Multi-tool, Repair Kit, Duct Tape
8. Nutrition: Extra Day supply of Food, Spare Energy Bars, Gels or Trail Mix
9. Hydration: Water Bottle or Hydration System, Water Treatment
10. Emergency Shelter: Emergency Blanket, Tent, Tarp or Bivy Sack