



The Ten Essentials

To be prepared for minor injuries, sudden weather changes or delays always carry the Ten Essentials:

1. A map of the area
2. A compass
3. A flashlight with extra batteries/bulb
4. Extra food
5. Extra clothing, including rain gear
6. Sunglasses and sunscreen
7. A pocketknife
8. Matches in a waterproof container
9. A candle or other fire starter
10. A first aid kit