

The Outdoor (Ten) Essentials: (Boy Scout Handbook, p. 264)

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.

ALWAYS:

- Pocketknife (when you complete Totin' Chip training)
- First Aid Kit
- Rain Gear / Extra Clothing
- Water Bottle (.75 to 1 liter – preferably aluminum in case water boiling is required)
- Flashlight or Headlamp
- Trail Food
- Matches/Fire Starter (when you complete Firem'n Chit training)
- Sun Protection
- Map and Compass

AS NEEDED for each outing:

- Insect Repellant
- Whistle
- Signal Mirror (Can use an old CD)
- Emergency Blanket
- Water Filter / Purification Tablets
- Toilet Paper (small roll)

See examples of, and supplement the Boy Scout Handbook list with lists at:

<http://www.rei.com/expertadvice/articles/ten+essentials.html>

<http://scoutingmagazine.org/2004/03/the-10-essentials/>