

On the Trail

Ten Essentials

Scout_____ Date_____

Each Scout, and any other participant, carries the **Ten Essentials** on all outings. This includes all day hikes, basecamping trips, and backpacking. Carry the 10 Essentials in a daypack or backpack. You have been inspected for 10 Essentials:

___Pass or You need the following (get checked items):

___**Water bottle**	The amount of water depends on where you are going. Make sure that the cap tightly fits so that the bottle doesn't leak. Use Nalgen bottles with standard openings. Fill the bottle *before* you leave home.
___**First aid kit**	See the *BSA Handbook* for what you need to take (look at 2nd class first aid requirements)
___**Pocket knife**	Approved folding knife only.
___**Flashlight**	Take a smaller spare; remember that you have to carry the flashlight, so the lighter, the better.
___**Rain gear**	Poncho or water resistant jacket and hat.
___**Extra clothing**	The minimum is dry socks; pack these in a plastic baggie. You may need a jacket or sweatshirt for cool evenings. Use layers.
___**Trail food**	Candy is not trail food. Check the *BSA Handbook* for ideas about high energy trail food (granola bars, dried fruit; nuts; small amount of chocolate).
___**Matches**	In water resistant container. You can use a plastic film container or small plaster aspirin bottle with snap-on lid; carry strike-anywhere type matches. You need 10-12 matches per day for camping.
___**Sun protection**	Sun block lotion; wide-brim hat; sunglasses.
___**Map and compass**	Map can be a sketch of where you are going and major landmarks. Maps issued at trail head or troop meeting. Carry in spare ziplock baggie.

Comments: _____

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Assistant Scoutmaster or Troop Guide