

The Outdoor (Ten+) Basic Essentials: (p. 120 Trailman Handbook)

Any time a Trailman goes on a camping trip or hike, he should always be prepared by carrying the following basic essential items in his pack. These essentials will allow a Trailman to survive in the outdoors in most emergency situations.

- Pocketknife
- First aid kit
- Extra clothing
- Water bottle (1 liter)
- Trail food (granola bars, dried fruit, beef jerky, etc...)
- Matches/Fire starter
- Hat (should also include “beanie cap”)
- Sun protection (i.e. sunscreen – at least 30spf)
- Rain gear (PLUS small tarp or “military” poncho)
- Flashlight or headlamp (with extra set of batteries)
- Map and compass (** Map should be of where you are hiking)
- Trailman’s Standard or hiking staff
- Emergency contact information (in a waterproof Ziploc bag or laminated card)

*** - Although not part of the “Basic” essentials, these items are very handy to have and should be included.**

- *100ft 550 paracord
- *Water treatment (Iodine, water filter, chlorine tabs)
- *Whistle (pea less) / Signal mirror

Recommendation beyond the “Basics”:

- Toilet paper (small/partial roll)
- Insect repellent
- Trowel (for digging cathole latrines)
- Small Towel or Washcloth
- Work Gloves
- Pen/Pencil & small notebook

Compare this list with other lists:

REI - <http://www.rei.com/learn/expert-advice/ten-essentials.html>

BSA – BSA Handbook, pg. 207

BSA (Boys Life) - <http://boyslife.org/outdoors/outdoorarticles/6976/scout-outdoor-essentials-checklist/>