

Ten Essentials for hiking:



Troop 55

1. First-aid kit
2. Extra clothing
3. Rain gear
4. Extra water, or filter
5. Flashlight (preferably headlamp plus extra batteries)
6. Extra food -beyond minimum expectation
7. Fire - matches and fire starters
8. Navigation: Map and compass
9. Pocket knife
10. Sun protection - glasses, sunscreen and hat
11. Shelter – Light bivvy or tarp
12. Rope
13. Trash bag



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Seven Priorities for Survival

1. Stop, Think, Observe, Plan
2. 1st Aid
3. Seek Shelter
4. Build a fire
5. Signal for help
6. Drink Water
7. Don't worry about food



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