

## **10+ Essentials**

*These items are to be carried on all Outings*

- Water bottle
- Pocket knife
- Topographic map
- Compass
- Whistle
- Flashlight with extra batteries
- Waterproof matches and fire starter
- Candle
- Basic first aid kit
- Signal mirror
- 50' of nylon cord
- Emergency blanket
- Extra food
- Sunscreen
- Extra cloths as appropriate