

The Outdoor (Ten) Essentials: (Boy Scout Handbook, p. 207)

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.

- ___ Pocketknife (when you complete Totin' Chip training)
- ___ First aid kit
- ___ Extra clothing
- ___ Rain gear
- ___ Water bottle (1 liter)
- ___ Flashlight or headlamp
- ___ Trail food
- ___ Matches/Fire starter (when you complete Firem'n Chit training)
- ___ Sun protection
- ___ Map and compass

Recommendation beyond the Ten:

- ___ Insect repellent
- ___ Toilet paper (small roll)
- ___ Whistle

Compare the Boy Scout Handbook list with lists at:

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