

THE TEN ESSENTIALS

To Feed Your Body

- 1) Water Bottle
 - a. You must have at least one full water bottle (filled with water or Gatorade-like drinks, not soda).
 - b. Nalgens are excellent water bottles. They are nearly indestructible, they can measure liquids and solids, and the water in them has no plastic taste.
 - c. Make sure you purify all water from streams, rivers, lakes, etc.
- 2) Trail Food
 - a. Make sure to eat a good hearty breakfast. Breakfast is the most important meal of the day because it energizes you for the rest of the day's hiking and camping.
 - b. Some good trail foods include GORP, cheese and crackers, granola, dried fruit, energy bars, or anything else that is tasty and energizing.
 - c. For plenty of food info use pages 265-280.

To Protect Your Body

- 3) Extra Clothing
 - a. Layers, layers, layers.
 - b. Be prepared for any weather. Watch the weather reports.
 - c. For example: Long john shirt, polyester shirt, fleece jacket, and waterproof jacket.
 - d. Cotton kills!
- 4) Rain Gear
 - a. A rain parka or poncho will shield you during showers.
 - b. Gore-Tex® jackets are one of the best ways to go.
 - c. It needs to be waterproof and breathable.
 - d. Rain pants are only optional and for your own comfort when hiking in rain.
 - e. Gaiters are a must for snow camping, but not for summer camping.
 - f. A hat or hood is very important. It keeps your head warm and dry.
 - g. Black trash bag, great for many emergencies or just to carry out the trash!
- 5) Sun Protection
 - a. Too much exposure to the sun is bad for your skin, especially if you have a fair complexion.
 - b. The sun protection factor (SPF) should be at least 15.
 - c. Your lip balm should also have an SPF factor of 15 or higher.
 - d. A broad-rimmed hat and a pair of sunglasses add extra sun protection.

Tools

- 6) Pocket Knife
 - a. Make sure you know your knife skills, or better yet, have your Totin' Chip.
 - b. Remember: Safety Circle
 - c. The knife must be folding; sheath knives are illegal in Scouting.
 - d. It must be, at the maximum, 4 inches.
 - e. For more safety and info, use page 77-78 in your handbook.

7) First Aid Kit

- a. A good first aid kit should help you treat blisters, cuts, and other minor injuries.
- b. Your personal first aid kit does not need to be very big. The troop has the big first aid kit.
- c. You should have some basic things.
 - i. Adhesive bandages
 - ii. 3" by 3" gauze pads
 - iii. Adhesive tape
 - iv. Moleskin
 - v. Soap
 - vi. Antiseptic
 - vii. Scissors
 - viii. Latex gloves
 - ix. Mouthpiece for CPR
 - x. Eye protection
 - xi. Pencil and paper
- d. Use page 288 for more information.

8) Flashlight

- a. Get a small, light, and sturdy flashlight with a strong beam. One that preferably uses 2 AA batteries.
- b. LED flashlights are in. They have a nice, white beam and the batteries last for about 100 hours.
- c. Headlamps (LED's are good) give you a hands-free way of seeing things at night.

9) Matches and Fire Starters

- a. There are different types of matches. Here are some, listed in order, from cheapest to most expensive (best).
 - i. Strike on box – simple cardboard like stick
 - ii. Strike on box – wooden stick
 - iii. Strike anywhere
 - iv. Strike anywhere waterproof
 - v. Storm matches
- b. 4 and 5 are the best for camping. Storm matches actually create their own air and can burn underwater (even though you cannot see the flame).
- c. Fire starters are basically cubes of sawdust molded together with wax. They burn with a big flame for upwards of 20 minutes.
- d. Using fuel (aka "Boy Scout Water") on a fire as an accelerant is illegal in scouting.
- e. Being a pyro is also very bad in Scouting. Of course, that is never a problem in Troop 30...

10) Map and Compass

- a. A detailed and correctly scaled map is mandatory for any hiking or camping activity.
- b. A compass is also a very important tool, but you must learn how to use it. In your scout handbook, use pages 66-74 and 118-125 as a reference.
- c. Topographical maps are also extremely helpful, as it shows you the terrain and landmarks to help you navigate.
- d. Knowing how to skillfully orient the map and navigate yourself to your destination is extremely important in hiking. It prevents you from getting lost.

Some other resources:

- Scout handbook
- <http://www.scoutingmagazine.org/index.html>
- http://www.backpacker.com/article/1,2646,4825_P,00.html