

BSA Ten Essentials

Troop 915 Westchester, CA

These are the items every scout should have with him on every hike, camp out or any other outdoor adventure. These items are the minimum each scout should have in his pack, it is up to each scout to select the items he might need for the outing he is going on. When in doubt, fall back to the BSA motto: BE PREPARED.

1. Pocket knife and or a multipurpose tool.

Every scout needs to earn the Totin Chip Card and have it on his person to carry a knife. Pocket knives are infinitely handy on camp outs and hikes, a scout will use his pocket knife for everything from make his lunch to fix the camp stove or cut cloth strips to tie a splint.

2. First Aid Kit. - Second class requirement 7b.

Refer to the Boy Scout handbook, the second class first aid kit will prepare you for most first aid situations.

3. Extra clothing.

Depending on location, terrain, length of trip and time of year decide what is best to pack in your pack. If you are going somewhere you've never been talk to people that have been there before and can give you guidance.

4. Flashlight or headlamp.

There are no street lights when you are camping and if your hike takes extra long you will need a flashlight or a headlamp. Have you ever set-up a tent in the dark... Headlamps rock.

5. Rain gear.

If you get wet you are going to get cold, when you are wet and cold you will be miserable. A \$3 rain poncho in your pack can save you from a lot of misery.

6. Water bottle filled with water.

Without enough water your body's muscles and organs can't perform the way you need them to perform. Lack of water and you are susceptible to dehydration, hypothermia and altitude sickness. I recommend the 1 liter nalgene bottle – durable, easy to fill, easy to drink and tastes good.

7. Map and Compass.

Get a good compass you can depend on and learn how to use it. Get maps for the area you will visit, read it and get familiar with it before you hit the trail, a little knowledge goes a long way.

8. Matches, lighter and fire starter.

The warmth of a fire and a hot drink can save you from hypothermia on a cold wet night. Matches are usually all you need, a lighter can be very convenient but and fire starter is a great back up. Always keep these items dry in a tough ziplock bag.

9. Sun Protection: hat, sunglasses and sunblock.

Everyone can sun burn, sunblock is good a wide brimmed hat is better, add in sunglasses and you have a handle on UV protection.

10. Trail food.

You will burn calories on hikes so pack energy foods that pack well. Trail mix, beefy jerky, raisins, banana chips, granola, chocolate and energy bars are all good choices.