



THE TEN Essentials

YOU SHOULD ALWAYS HAVE ON A HIKE

Navigation

Map, compass, GPS device, personal locator beacon (PLB) or satellite messenger. IMPORTANT: know how to use it!

Sun Protection

Sunglasses, sunscreen, and hats. Sun-protection clothing such as pants and long sleeve shirts can also help minimize your exposure to the sun.

Insulation/Layers

Nature is unpredictable, so be prepared for sudden changes in weather. Carry an extra layer of clothing for the most extreme conditions you could face on your hike.

Light Source

If it gets dark or you find yourself out longer than expected, light is crucial. Bring something like a flashlight or a headlamp for a hands-free option. Don't rely on your cell phone and be sure to pack extra batteries.

First Aid

Be prepared by packing first-aid supplies. There are lots of pre-made kits out there, they all work fine! Check the expiration date on all items and replace them as needed.

Fire

Fire can be an emergency signal and a heat source for cooking and staying warm. Pack matches (preferably waterproof), a lighter, or a ferro-rod and fire starters - items that catch fire quickly and sustain a flame. Practice!

Knife/Gear Repair Kit

Your knife is not for protection, it is a tool for cutting, scraping, etc. A full-tang knife is the way to go! And a gear repair kit for what you're carrying.

Nutrition

Food! Pack snacks, and always more than you think you'll need. Salty and easy to eat foods are ideal.

Hydration

Always bring plenty of water and drink before you feel thirsty. Bring water filters or treatment supplies in case you run out or have an emergency situation.

Shelter

Shelter is one of the most important elements during an emergency survival situation. It is protection from exposure to the elements. A tent, tarp, bivy sack, or emergency space blanket are all light weight options for emergency shelter.

