Boy Scout 10 Essentials

As listed in the Eleventh Edition of the *Boy Scout Handbook*, they are:

- A **pocket knife** (presumably more than just a knife, a Swiss Army knife for example) can come in handy in a wide variety of situations. It is useful for tasks as large as building an emergency shelter or lighting a campfire with poor fuel, or as small as repairing a damaged backpack.
- A **first aid kit** can be a lifesaver. Literally. A basic kit for first aid might include adhesive bandages, medical tape, sterilegauze, moleskin, soap, antiseptic, a mouth-barrier device for CPR, and scissors.
- **Extra clothing** to match the weather. Multiple layers are superior to a single massive jacket, because layered clothing is adaptable to a wide range of temperatures.
- **Rain gear** is very important. Being wet from rain may result in hypothermia, a potentially fatal condition.
- A **flashlight** is, of course, important for finding one's way at night.
- **Trail food** is good for maintaining your energy. Hunger and low blood sugar can interfere with concentration and coordination.
- **Water** is probably the most important of the Essentials. Dehydration may develop into heat exhaustion and heatstroke. The human body may only survive for a few days without water. Portable water purifiers and water stills may be used to obtain potable water from virtually any source. If a water-source is unavailable the use of a dromedary bag should be considered.
- **Matches and/or a firestarter** may be used to light fires for heat, or for signalling purposes. (Publicly owned forests in the United States often have lookout stations for forest fires and signal fires.)
- **Sun protection** may include sunblock, sunglasses, lip balm and a wide-brimmed hat. Used properly, it will prevent sunburnand possibly heat exhaustion.
- **Trail maps and compass** are probably the most important tools one can carry in case of getting lost, along with the basic skills to use them. In knowledgeable hands, they can be used to determine one's location and the best route to reach another location.