

TROOP 2379 TEN-PLUS ESSENTIALS

This short list of items is to be taken on every outing by each scout. Its purpose is to list a minimum set of things that are essential to survival in the event of a delay or accident in the backcountry.

1. Water: quart size minimum, shatter-proof bottle or hydration pack
2. Knife: small, sharp and good quality. The scout must have acquired his Tote 'n Chip card to carry a blade.
3. Whistle: a lightweight plastic whistle is adequate.
4. Compass: the simplest baseplate-type is adequate.
5. Flashlight: small, dependable, with fresh batteries.
6. Small Mirror: lightweight piece of unbreakable material to reflect light. In a pinch, a computer disc will do.
7. Map: current for the event. Should be troop-supplied.
8. Matches: waterproof type or in a water-proof case or lighter. The scout must have acquired his Firem'n Chit card to carry. Note: playing with the lighter will be cause to lose the Firem'n Chit card.
9. Personal First Aid Kit: to include items that each person uses for minor problems, plus any prescription drugs. This kit is to have moleskin or footpads, Band-aids, insect repellent, sunscreen, lip balm, ACE bandage if needed, and personal medications. Medications may be nothing more than something to take for a headache, or include prescription drugs. The troop will be responsible for carrying a kit for major problems.
10. Extra Water: a second quart water bottle (full or empty at the start, as conditions require).
11. Emergency Blanket: lightweight sheet of aluminized Mylar, same as the space blankets in your scout's school emergency kit. Can be used not only for warmth, but as a shelter or signaling device.
12. Emergency Food: something to get by on for a day or overnight. Several high carb/fat content, individually wrapped trail bars for example. These are for use in the event of an emergency or delay, not to snack on.
13. Nylon Cord: 50 feet
14. Toilet Paper: no explanation needed. Save that last little bit on a roll and pack it.
15. Sunglasses: they should be a wrap-around type and provide maximum protection from UV rays. Reflected light, whether from rock, water or snow, is a problem when hiking.
16. Trash Bags: two large, heavy-duty type, to wear as protection against rain or to conserve body heat.

The heaviest item in this group is the water. The entire set of ten-plus essentials should weigh less than 5 pounds. Put them in the pack, except for the couple that belong on the scout, or in his pocket. Carry it on every outing. Should be removed from the large backpack and carried on side excursions or summit climbs.