

# Boy Scout 10 Essentials

These items are the Boy Scout 10 Essentials. EVERY one of these items SHOULD be brought on EVERY camping trip.

## 1. Pocket Knife

A Swiss Army knife or similar knife is adequate. A Leatherman or Gerber tool is even better. Note to parents: these make great Scout gifts!

## 2. First Aid Kit

Purchased kits are inexpensive and can be supplemented if needed. Ensure the kit has all of the needed basics including bandages, gauze, tape, moleskin, antiseptic ointment, tweezers, scissors, etc.

## 3. Extra Clothing

- A. Choose the clothing to match the outing and time of the year. **If you are going to be in the snow or cold weather, bring a warm jacket, snow pants, stocking cap and gloves/mittens.**
- B. **Avoid cotton clothing (i.e. no blue jeans).** When it gets wet, it stays wet. Wear pants and shirts made out of nylon or synthetic cloth. This will wick moisture away from the body and dry much faster.
- C. Bring multiple layers of clothing. This enables the amount of clothing being worn to be adjusted depending on the temperature.
- D. Bring good hiking socks. Have enough pairs to rotate if they get wet.
- E. Bring an appropriate jacket. It should comfortably fit over your other clothes.
- F. Plan for the worst case. What happens if it rains or is colder than expected?

## 4. Rain Gear

**Rain gear is a must for every outing.** Being wet is miserable and potentially dangerous.

A light weight, waterproof jacket is best. This item also doubles as an extra piece of clothing. Make sure to get one that works with your layer system. Light weight rain pants are also a good idea. In a pinch, a large trash bag can be used as a rain jacket.

## **5. Water bottle**

Getting dehydrated in the outdoors is very dangerous and can happen quickly. The water bottle should hold at least one quart of water and be filled prior to starting the trip.

## **6. Headlamp**

LED headlamps are a better choice than hand-held flashlights. They free up the hands for other uses and have a relatively long life. Always bring spare batteries for the headlamp.

## **7. Trail Food**

Bring some trail food (raisins & peanuts, hard candy, crackers, drink mix, etc.) to supplement the meals. This can provide a quick energy boost when needed.

## **8. Fire Starter**

Matches, ideally waterproof, are a must. Wood matches can be made waterproof by dipping the end of the match in wax. Having a small amount of paper or other firestarter is also a good idea. Flint and a small amount of steel wool can also be used, but always have matches along as a backup.

## **9. Sun Screen & Bug Repellent**

Always carry a small bottle of sun screen and bug repellent.

## **10. Map & Compass**

The map should be detailed enough to clearly identify major landmarks and the trail. A topographical map which shows elevation is ideal. Familiarize yourself with the map and the proposed route before the trip.

A clear plastic orienteering compass works the best for trail navigation. Learn how to use the compass before you start the trip.