The Ten Essentials *Checklist*

Trip Information

Name _____ Trip: _____ Trip Date: _____

Details: _____

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1. Navigation

- ◯ Topographic Map
- ◯ Compass
- ◯ GPS Device

2. Illumination

- ◯ Headlamp
- ◯ Space Batteries
- ◯ Flashlight
- ◯ Lantern

3. Sun Protection

- ◯ Sunscreen (SPF 50+)
- ◯ Sun Glasses or Glacier Glasses
- ◯ Chapstick

4. First Aid

- ◯ Bandages, gauze, and athletic wrap
- ◯ Antiseptic ointment, aloe vera
- ◯ Rubber gloves, notepad & pencil
- ◯ SAM Splint, triangular bandage

5. Fire Starter

- ◯ Matches or lighter
- ◯ Spark Striker
- ◯ Firestarting Material

6. Knife/Tools

- ◯ Swiss Army Knife
- ◯ Repair Kit
- ◯ Leatherman Multi-tool

7. Food/Nutrition

- ◯ Trail Mix and Granola Bars
- ◯ Beef Jerky and Hard Cheese

8. Hydration

- ◯ Water Filter
- ◯ Iodine Tablets
- ◯ Water Bottle or Hose System
- ◯ Backpacking Stove and Fuel

9. Shelter

- ◯ Tent and sleeping bag
- ◯ Emergency Blanket
- ◯ Overnight Bivy or Tarp

10. Insulation

- ◯ Merino Wool Base Layers
- ◯ Fleece Insulation Layer
- ◯ Hard Shell Rain Jacket
- ◯ Hat and Gloves