

“Ten Essentials”

Survival Tools To Take On Every Outing

These "Ten Essentials" plus one should be taken on every outing away from civilization ... even the short ones because you never know what might happen.

The Ten Essentials + 1

1. **Map and Compass** ...to find your way
2. **Water** ...you can survive 1-5 days without water
- 3-4 weeks without food
3. **Extra Clothing** ...without adequate clothing survival can be numbered in hours
4. **Extra Food** ...can extend your survival by weeks
5. **Flashlight (with extra bulb & batteries)** ...for signaling searchers or a late hike back to the trailhead
6. **Matches or Lighter & Firestarter** ...to start a fire for warmth and to signal searchers
7. **Knife** ...to make kindling for a fire and to construct a shelter
8. **First Aid Kit** ...to treat whatever may ail you - include medicine you regularly take
9. **Plastic Trowel & Toilet Paper** ...for burying body waste - trowel may be useful in finding water
10. **Whistle** ...to signal searchers. Can be heard much further than your voice and takes less energy to make more noise

Mobile Phone with fully charged battery ...to call for help. In urban areas cell phones may work well - **In mountainous and remote areas cell phones may NOT work at all.** The same is true of ham radios