

Troop 957 10 Essentials

Anytime a Scout ventures into the outdoors, he should be prepared by carrying the ten essentials in his daypack. Carrying these items will enable a person to survive most emergency situations.

These vital supplies will allow you to treat some injuries and help keep you or an injured companion alive until help arrives. Remember, even rescues in relatively accessible places take time.

Even when doing just a day hike - ask yourself this, "How comfortable would I be if I had to spend the night in inclement weather?"

The 10 Essentials:

- **Map & Compass & Whistle**
 - Compass. The SUUNTO M-2D provides the best utility for the activities the Troop will be doing.
 - Whistle. Any whistle will work but the louder the better. The Storm Safety Whistle is reported to be the loudest whistle made and is intended for emergency signaling.
- **Water bottle filled with drinking water**
 - One liter water bottle. A wide mouth style works best. Disposable bottles are not a good value over the long term. A good quality wide mouth bottle with a lid keeper will cost about \$6. On high adventure trips Scouts might also carry water purification tablets. Nalgene is one of several good brands.
 - <http://www.nalgene-outdoor.com/store/detail.aspx?ID=59>
- **Matches in waterproof case and fire starter**
 - Regular strike anywhere kitchen matches are OK. Water/wind resistant matches are better. Matches need to be stored in a waterproof container no matter what. Coghlan's is a common brand.
 - <http://www.coghlan.com/catalogue/productList.php?catID=10>
- **Pocket Knife (sharp)**
 - A good choice is the Swiss Army "Tinker" or "Hiker". Large folding knives are not needed.
- **Rain gear**
 - Older Scouts may want a coat & pants rain suit (Frog Togs, Columbia Sportswear, etc) For new Scouts this may be too expensive since they will outgrow it in a year or so. Ponchos work well when Scouts are still growing. Just remember that a \$3-\$4 rain jacket or poncho is not a good buy if seams tear the first time it is used.
- **Clothing as needed for the weather**
 - As Scouts get older and get involved in higher adventure activities they will be encouraged to move from cotton jeans and shirts to higher performance layered clothing that will not trap moisture. The Troop T-shirt is a high performance shirt that wicks water away and dries quickly.
- **Emergency food**
 - Granola bars or a bag of trail mix are good options.
- **Sun and insect protection (hat, sunscreen, insect repellent)**
 - Hats are needed for sun protection remembering that baseball hats do not cover the ears or neck. SPF-30 sunscreen and lotion style insect repellent work best. In tick country, treating clothes with Premethrin is also an option. Packing small tubes of lotions is easier.
- **Flashlight**
 - Large C or D cell lights are not needed. Headlamps are better (though not required) since they shine light where you are looking and leave your hands free.
- **First-aid kit (T957 personal kit made for 2nd Class)**
 - All Scouts in T957 should carry the Troop Personal First Aid kit they made for 2nd Class. Refills are always available in the supply room at CLCC.