

GUYdelines

A few thoughts for outdoor lovers and leaders from
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The Ten (and more) Essentials

Here is your not so trivial Trivia-Question-of-the-Day: *What are the Ten Essentials?* What are those 10 things that survival experts suggest you have in your pack whether you are taking an afternoon day hike or a multi-day backcountry expedition? Maybe you won't win game show dollars and prizes for this knowledge, but it might help you be a little safer the next time you venture out into the good outdoors. Before reading further, jot down your ideas, and then test them against this list:

1. Pocketknife or multi-tool
2. Matches, lighter, candle, or other fire-starting material
3. Map of the area
4. Compass, and the knowledge of how to use it
5. Extra food : CLIF bars, fruit, trail-mix
6. Water : I suggest at least 2 liters
7. Shelter: This can be a small tarp, a large trash bag to provide weather protection if necessary, or extra clothing.
8. Flashlight or headlamp
9. First aid kit, customized to the area that you are traveling in
10. A whistle: low effort and high effect signaling device

The eleventh essential, according to your author, is to take your BRAIN and know how to use it. Use it to plan, to leave an itinerary, to anticipate foreseeable hazards based upon terrain and weather forecasts, and to avoid reckless exploits.

Now, what if you can take more? Here are the next 10 – “*not essential but nice,*” as one survival expert put it: →

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1. Sunglasses
2. Tent cord
3. Cell phone
4. Tarp, plastic sheet, or large plastic trash bag
5. Folding saw
6. Metal cup
7. Candle
8. 50' of fishing line
9. 5' of surgical tubing
10. A sewing kit (needles, thread, and safety pins)

No piece of gear can think for you – preparation also involves learning about the area, practicing skills that you might need, and most of all, being willing to adapt plans if conditions change on you (group strength, weather, navigation errors or delays, etc.). A nice way to sum it all up, to keep you and your group safer in the backcountry, is this:

Pocket gear
Preparedness
+ Practice

= Positive attitude
and SURVIVAL

HAPPY TRAVELS OUT THERE!

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