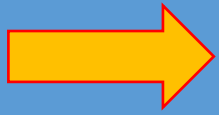


WHY 10 ESSENTIALS?

On every trip!



When you need to answer the question:
“Uh-oh, that wasn’t planned, now what?”

Can you fix things and continue or
retreat, or survive until help arrives?

And remember in winter, it’s colder with
much less daylight.

WHAT ARE THEY?

1. NAVIGATION
2. SUN PROTECTION
3. INSULATION
4. ILLUMINATION
5. FIRST AID SUPPLIES
6. FIRE
7. REPAIR/TOOLS/KNIFE
8. NUTRITION
9. HYDRATION
10. EMERGENCY SHELTER

AND WHAT'S DIFFERENT FOR WINTER?

NAVIGATION (& SIGNALING)



Navigation & Signaling

SUN PROTECTION



SUN PROTECTION

INSULATION

LAYERS, SPARE CLOTHES

WIND PROTECTION

WATERPROOF OUTER LAYERS

EXTRA HAT, GLOVES, OVER MITTS

PUFFY

GROUND PROTECTION –
SIT PAD, FULL LENGTH PAD?



ILLUMINATION

SUMMER HEADLAMP

2 AAA, lighter, less lumens



WINTER HEADLAMP

3 AAA, much brighter, longer life



Are you carrying matching spare batteries?

FIRST AID SUPPLIES



First Aid Stuff Sack

FIRE

But ask yourself,
can I really make
this work?
Should I/we be
bringing a stove?



“Uh oh!” Stuff Sack

REPAIR/TOOLS/KNIFE

Ever present Swiss Army Knife



Add for winter?

Stretchy ski straps

Bigger multi-tool

Can you fix your snow travel gear – skis, snowshoes



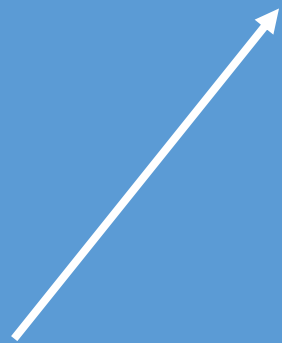
“Uh oh!” Stuff Sack

NUTRITION

Food for the
day plus -

Extra food

2400 Calories
Emergency food



HYDRATION

Water for the day
(protection from
from freezing?)



Water Purification Kit

But if you can't find
water, can you melt
snow?

