

Ten Essentials: The Classic List

1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp/flashlight
6. First-aid supplies
7. Fire starter
8. Matches
9. Knife
10. Extra food

Ten Essential Systems

1. Navigation: map, altimeter, compass [GPS device: phone with GPS app or dedicated GPS device], PLB, satellite communicator, or satellite phone], [extra batteries], battery pack]
2. Headlamp: plus extra batteries
3. Sun protection: (sunglasses, sun protective clothes & sunscreen)
4. First-aid: including foot care and insect repellent (if required)
5. Knife: plus repair kit
6. Fire matches, lighter and tender or stove as appropriate.
7. Shelter: carried at all times (can be lightweight emergency bivy)
8. Extra Food: beyond minimum expectation
9. Extra water: beyond minimum expectation or the means to purify
10. Extra clothes: beyond minimum expectations

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