

TEN ESSENTIALS

Troop 919

La Mirada, CA

- Pocket knife. This should be a small Scout or Swiss Army knife. NO fixed blade. (3-inch maximum blade length)
- Water Bottle. We strongly recommend a 1 quart wide mouth bottle with a measuring scale on the side (Nalgene brand is one example).
- Emergency food. Make sure it is not perishable. We recommend power bars or similar type foods. Pack approximately 500 calories.
- First Aid kit. This should be a small personal kit.
- Sun Protection. This should include lip balm or chapstick, sunscreen, a wide brim hat and sun glasses. **Please use a travel-size bottle (3-6 oz) of sunscreen, because large bottles can easily spill out in a backpack.**
- Fire starting kit. This kit should be waterproof matches stored in a watertight container.
- Small flashlight, extra batteries and extra bulb.
- Compass. Purchase one made for orienteering a map. The troop will provide maps of the area.
- Rain gear. An inexpensive poncho should be enough.
- Extra Clothing. Long sleeve, lightweight jacket.
- Toilet paper and shovel, the 11th essential (also known as Mountain Money). Store in a plastic ziplock bag. It's best to get a lightweight **plastic trowel** from a gardening center, because military-type folding shovels will weigh several pounds.
- Whistle, the 12th essential. This is in case you get lost.
- Money, For emergency telephone calls (about \$5 total).