

# BOY SCOUT TROOP 121

## The 10 Essentials

- Daypack.
- One (or more) water bottles, and/or hydration bladder.
- Poncho / rain jacket and sun hat.
- Extra clothing based on the seasonal weather (& socks).
- (2) Methods of making fire. Eg: matches & fire starters.
- Personal First Aid Kit with emergency whistle.
- Small flashlight or headlamp.
- Map and Compass.
- Insect repellent and sun screen.
- Trail Food like GORP and energy bars.

### Additional Items to Consider:

- Hiking boots (heavy tread sole, lace above the ankle).
- Water filter / purification tablets.
- Scout pocketknife.
- Camera
- Walking Stick
- Toilet paper.

