

The Ten Essentials

Any time a Scout goes on a camping trip or hike, he needs be prepared by carrying the following ten essential items in his pack. These essentials will allow a scout to survive in the outdoors in most emergency situations.

The ten essentials are:

- _____ water bottle or canteen (with water in it!)
- _____ extra food (trail mix works great)
- _____ extra clothing (wool sweater, fleece, or a parka)
- _____ rain gear (a disposable poncho or garbage bag at minimum)
- _____ first-aid kit (see [checklist](#) below)
- _____ map and compass
- _____ matches (in waterproof case) and fire starter (cotton or candle in film can)
- _____ pocketknife
- _____ sun protection (sunscreen and/or hat)
- _____ flashlight with good batteries

and of course there is the eleventh essential:

- _____ toilet paper (in zip-lock plastic bag)

First-aid Kit

- _____ Band-Aids
- _____ chapstick
- _____ gauze pads and _____ tape
- _____ antiseptic
- _____ moleskin and _____ needle
- _____ insect repellent
- _____ Aspirin or Advil (optional)

The Outdoor Code

As a Scout, I will do my best to
Be clean in my outdoor manners,
Be careful with fire,
Be considerate in the outdoors, and
Be conservation minded.

Checklist for going camping or backpacking

Individual Items:

- _____ ten essentials (see [ten essentials checklist](#)) and _____ toilet paper
- _____ backpack (duffel bag O.K. if car camping) and _____ pack cover
- _____ sleeping Bag and _____ pad (or air mattress)
- _____ ground cloth or bivouac sack (if no tent)
- _____ cup and _____ bowl
- _____ spoon and _____ fork
- _____ rope or 3mm cord (25 ft or more for bear and racoon bags)
- _____ extra socks
- _____ large plastic garbage bags (at least two)
- _____ soap (ivory, Dr. Bonners, or biodegradable)
- _____ small towel
- _____ toothbrush and _____ toothpaste
- _____ scout handbook
- _____ long-sleeve shirt and _____ windpants (or sweatpants)
- _____ swim suit (optional) and _____ Texas, boat shoes, or water socks (optional)
- _____ dark glasses (optional)
- _____ food bag (optional - but don't use your sleeping bag stuff sack to hang food in!)

group items (to be shared by two or more campers):

- _____ group first aid kit
- _____ tent (don't forget the items below)
 - _____ poles _____ tent stakes _____ ground cloth (for tent)
- _____ cook gear (pots, spatula), _____ stove, and _____ (optional) brillo pad
- _____ water filter (remember they break) and _____ Iodine tablets ([Giardia](#) is everywhere)
- _____ trowel (you'll need it for latrine duty)