

V27 10 Essentials

to be kept in a **Small Day** or **Fanny Pack**:

- 1) **Pen**, and small **Notebook**
- 2) **Water Bottle**
- 3) **1st Aid items**
 - i) **Small "ouch" kit** – bandaids, antiseptic cream, ace bandage, moleskin, Sunscreen, Lip Balm with sun protection,
 - ii) **Hat**,
 - iii) **Sunglasses** (with retention strap),
- 4) **Headlamp or Flashlight** and spare set of batteries:
- 5) **Knife**
- 6) **Fire Starter**: matches, or lighter, (or best - flint & steel, cotton balls, with a coating of Vaseline)
- 7) **Compass**:
- 8) **Shelter**
 - i) **Emergency "Space" Blanket**
 - ii) **2 large plastic garbage bags**
- 9) **High Intensity Whistle** and "**Signal Mirror**":
- 10) **Other useful stuff**:
 - i) spare boot laces,
 - ii) small package of tissues,
 - iii) toilet paper in a ziploc bag,
 - iv) insect repellent,
 - v) 50 feet of paraline,
 - vi) baby wipes,
 - vii) safety pins,
 - viii) water purification tablets
- 11) **Ham radio**