

## 10 Essentials

Adapted from *www.AdventureSmart.ca*

Many people who had an outdoor misadventure point out that having and using these 10 essentials helped them to survive.

Carry all of these items in your pockets and/or a small pack.

1. First Aid Kit - know how to use it.
2. Fire making kit – waterproof matches/lighter/fire starter/candle.
3. Emergency shelter – bright coloured tarp or large orange garbage bag. These can also be used as signalling devices.
4. Signalling device – whistle or mirror.
5. Extra food and water (1 litre/person)
6. Navigational/Communication Aids (maps, compass, GPS, cell phone, Personal Locator Beacon (PLB) or other alerting device charts, hand held radio – fully charged) know how to use these items. If lost stay in one place.
7. Extra clothing (rain, wind, water protection and toque).
8. Flashlight, spare batteries and bulb
9. Pocket knife
10. Sun protection (glasses, sunscreen, hat)

**If lost, STOP and do the following:**

**First aid, shelter, fire, signals, water, food**