

“THE TEN ESSENTIALS”

THE TEN TYPES OF ITEMS NEEDED TO SURVIVE IN THE WILDERNESS

Holiday Lake 4-H Educational Center 2020

1. Navigation
 - Always bring a map and compass! If you have GPS devices (phone, watch, Garmin) as well, they can be incredibly useful but don't forget the map and compass in case the batteries die in your electronics. (PLBs, or Personal Locator Beacons, are an incredible help as well if you are stuck and cannot rescue yourself, but should only be used as an absolute last resort.)
2. Source of Light/Illumination
 - Always bring a flashlight and spare batteries! The wilderness gets a lot more scary in the dark, but with a solid source of illumination, you will still be able to find your way and reduce your chance of injury or getting lost. Headlamps are a great hands-free option, but no need to go out and buy one if you have a flashlight that works just fine.
3. Sun Protection
 - Always wear sunscreen, even if it's cloudy! No one wants to be the camper complaining about sunburn after the first few hours of being outside, so wear your sunscreen! If you have a hat and sunglasses, wear those as well (not only to look *cool* 😎, but also to protect your noggin and your eyes from the UV rays of the sun.
4. First Aid Kit
 - Always bring a first aid kit! Minimum recommendations include plenty of bandaids, antibiotic ointment (Neosporin), any medications you need on a daily basis, and some over the counter medications to use as needed (ibuprofen, Tylenol, Benadryl). If you have ever received any formal bleeding control training, other items such as a tourniquet can be very useful, but if you aren't sure how to use it correctly, then stick with the basics.... apply pressure, apply a bandaid or other dressing, etc. Ask your parents and 4H agents about first aid training!
5. Multi-tool/Pocketknife
 - A regular pocketknife is fine, but a multi-tool with an assortment of different tools is even better. You never know when you may need to build a fire, fix your other gear, or use it in some other way that you haven't even thought of. (Use only with adult supervision or prior approval from your parent or guardian!)
6. Fire Starter
 - Anything that will create a spark is the bare minimum, such as a piece of flint or a lighter. If you can carry a small amount of kindling with you, or something that will catch a spark and ignite (such as dryer lint!), carry that with you in a small plastic bag as well! A fire will help keep you warm for an unexpected night in the wilderness, and can help to boil water and cook food as needed. (Use only with adult supervision or prior approval from your parent or guardian!)
7. Emergency Shelter
 - An emergency blanket, a bivy, or something else that will help keep you insulated, warm, and dry. Carrying 2 or 3 emergency blankets is a very cheap way to protect yourself in an unexpected emergency!
8. Extra Food
 - Always carry more food than you think you will need! This can be an extra granola bar or two, another baggie of GORP (Good 'Ole Raisins and Peanuts), or anything else that is easy to pack and contains a fair amount of calories.
9. Extra Water
 - Always carry more water than you think you will need! An extra 500mL-1000mL should be plenty for long day-hikes.
10. Extra Clothing
 - Always bring extra clothing for warmth and protection from the rain! Bring an extra base layer, extra socks, and a rain jacket. Other clothing helpful to bring include a buff/facemask, gloves, beanie, and extra underwear. You never know when bad weather may hit!

****This information is only a starting point. Any recreation in the wilderness can be dangerous, and should be done so with adult supervision and with the consent of your parent or guardian. Always tell others when you are going into the wilderness for any reason, where you will be, and when you plan to return. Respect Mother Nature and practice “Leave No Trace” principles... “Take nothing but photographs, leave nothing but footprints...”****