

## V27 10 Essentials

to be kept in a Small Day Bag:

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