

# The Outdoor TEN Essentials:

Can be found in the BSA Handbook

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Any time a Scout goes into the woods camping, on a hike, or in a situation where he may be left to his own knowledge; the Scout needs to possess essential items that may be lifesaving.

These essential items will allow a Scout to survive in the outdoors in most emergency situations.

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- 1 Pocket Knife** (once the Scout completes Totin` Chip training, and carries the card with him)
  - 2 Personal First Aid Kit**
  - 3 Extra Clothing appropriate for the climate**
  - 4 Rain Gear**
  - 5 Water Bottle (1 liter) or Camel Back style pack (1 or 2 liter)**
  - 6 Flashlight / Headlamp (extra batteries are always a good idea)**
  - 7 Trail Food**
  - 8 Matches or a Fire Starter** (once the Scout completes the Fireman Chit training and carries the card with him)
  - 9 Sun Protection**
  - 10 Compass and Map**
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Other items he may need to carry are:

1. Insect Repellent
2. Toilet Paper
3. Whistle
4. Signal Mirror

## POCKET KNIFE:

Folded, the pocket knife needs to be less than 6 inches from end to end. This will ensure that the knife is within the legal limits. Fixed blade knives, sheath knives, are not permitted in Troop 723 with one exception. If the Scout or Adult attends a Summer Camp or Scout weekend activity where they make their own sheath knife and case, that knife is permitted to be worn and used on ALL troop activities and outings.

Regardless of the actual knife, the knife needs to be kept clean, dry, and serviceable. That means you need to clean it if it is dirty, never put it away wet, and ensure it is rust free and in perfect working order; also it must be sharpened to the best of your ability. Remember, a sharp knife is a safe knife. Lastly, knives are not toys. They are not to be thrown, used to mark a tree or table, or threaten another individual. They should only be taken out when they are needed to be used and put away the moment you no longer need them. Safety ALWAYS comes first.

This, above all other incidents, will get you sent home from a campout or summer camp without a second thought.

## PERSONAL FIRST AID KIT:

This is what you will carry for you if you have an accident.

"Carrying a few first aid items on hikes and campouts will allow you to treat scratches, blisters, and other minor injuries, and to provide initial care for more serious emergencies. Everything will fit in a self-sealing plastic bag. Get in the habit of taking along your personal first aid kit whenever you set out on a Scout adventure."

<b>Item</b>	<b>Qty</b>	<b>Use</b> (page in Scout Handbook)
Adhesive bandages	6	<i>Keep wound clean</i> - p. 384
Sterile gauze pads, 3-by-3 inch	2	<i>Larger wounds</i> - p. 304
Adhesive tape	1 small roll	<i>Hold pad in place</i> - p. 304
Moleskin, 3-by-6 inch	1	<i>Blisters</i> - p. 398
Soap	1 small bar	<i>Wash skin</i> - p. 301
Antiseptic	1 small tube	<i>Sterilize exposed skin</i> - p. 299
Scissors	1 pair	<i>Cut gauze or tape</i> - p. 304
Nitrile gloves	2 pair	<i>For bleeding or wound care</i> - p. 299
Mouth-barrier device	1	<i>Rescue breathing or CPR</i> - p. 299
Plastic goggles or other	1	<i>Protect eyes</i> - p. 299
Pencil and paper	1 each	<i>Log treatments &amp; details</i> - p. 292

## EXTRA CLOTHING, RAIN GEAR, WATER BOTTLE, FLASHLIGHT:

Think about this a little and you will be very far ahead.

<b>CLOTHING:</b>	If the weather is cold, bring warm clothing. If the weather is cool, bring a few additional layers, and if the weather is warm, bring light, thin, breathable clothing. Regardless, extra shirts, sox, and undergarments need to be a part of this plan.
<b>RAINGEAR:</b>	Can be anything from a poncho to a full rain suit, depending on space available and what you like. If it is a full suit, be sure it has vents. In cooler climates where there is wind, the jacket can be work as a wind breaker.
<b>WATER BOTTLE:</b>	Preferable, a Nalgene or aluminum water bottle is best in spring/summer/fall. But in the winter, in the really colder temperatures, you may want a Nalgene because the bottle will get REALLY cold. Either way, it needs to be at least ½ liter, preferring a one liter bottle. The lid needs to seal tightly and if at all possible, get the bottle that DOES NOT have the sippy top. These get dirty easily and can lead to all sorts of issues in the deep woods. Never ever put anything other than water in your bottle. If you do, wrap duct tape around the bottle to identify it, and it goes into the bear-bag at night. Alternately, if you have a camel-back, never put other than drinkable water into it, if you do you will really never get it clean and it just may begin to develop mold inside the pack.
<b>FLASHLIGHT:</b>	A flashlight is used at night to see when it is dark. Therefore, you need a flashlight in your kit that you can rely on in a pinch. Get a flashlight that is LED since the batteries on them last many times longer than an ordinary flashlight, and are smaller and more compact. That means a smaller footprint on your pack, and a lighter item. Extra batteries are also needed to be in the kit, and an LED flashlight that contains AAA batteries is a lot easier to carry than a big heavy flashlight that uses a 6volt lantern battery. The hour or so of light you get from the 6volt light will be missed quickly compared to the days of light the LED will provide. Remember, this emergency light can be in addition to the light you carry on your belt if you wish.

## TRAIL FOOD:

This is not lunch, nor is this meant to be candy or chips. This is serious emergency rations. Granola bars and protein bars are the best things to carry, not chocolate coated if the weather is hot. You will end up with more of a mess than a snack. Crunchy Cliff bars, Atkins meal replacement protein bars and Quaker Oatmeal Bars and similar are your best bets. And yes, this is the only use I can see for Pop-Tarts. Something high in protein, low in sugar is best. Higher protein will make you not feel hungry longer, where-as a high sugar product will do the opposite. Make it something you like, small in size, packed with nutrition. Make it enough for three snacks, not full meals, snacks!

If you have no food allergies, almonds are a great source of nutrition. Loose Granola is good, but messy. Remember that when you eat something, you need to drink plenty of water with it. It will aid in getting it into your system easier. As a treat you can bring a sealed pack of cookies or cheez-its. These not only add flavor, but can make you simply feel better because they are just plain good tasting.

## **MATCHES and FIRE STARTING:**

In warmer climates you may not think of starting a fire, but in cold weather it is always the first thing most Scouts think of when arriving at a campsite. That is not a bad thing, but there needs to be a safety factor in the equation. The size of the fire needs to be small and the surrounding brush needs to be cleared away. You need to take the Firem'n Chit class and get your card, not because you can't start a fire without it to survive, but this class will teach you safety and proper fire starting techniques to make starting a fire easier and faster. One match is all you should need. One strike from a sparker should be all that is necessary. Carry a small box of wood stick matches in your kit, better if you can find strike anywhere matches but always include the striker edge and put the striker and the matches in a tall pill bottle to make certain they stay dry and ready to use. You can use a second pill bottle that contains cotton balls and Vaseline, this is a wonderful fire starter and can be ignited with a single spark.

## **SUN PROTECTION:**

What needs to be said? If you get sunburned, you know what you need to carry AND USE. Get tubes or pump sprays, no aerosol cans are permitted for use by Scouts for safety reasons. SPF 15 to SPF 30 is best, anything over that is not really useful. Store brand works just as well as name brand products. Some even have a level of water proofing so if you sweat it will not come off. It needs to be applied every hour or so just to ensure it is covering your skin. Wear a hat, and a shirt.

## **MAP AND COMPASS:**

If you are going to a place you have been in the past, you may not think about getting lost. But if the location is new, bring a topographical map of the area, especially if you are in the back woods. ALWAYS HAVE A COMPASS IN YOUR POSSESSION. Always try to know which direction is home, and which direction is North, or East, or West, or South. If you know one of the compass directions, you can figure out the rest.