



## The 10 Essentials have changed.

Unlike the first 10 that were created by The Mountaineers of Seattle, the new 10 are categorized by like groupings. For instance, the old 10 would include “matches”; however, there are many ways to start a fire so the new 10 simply says “Fire”.

This gives you, the backcountry explorer, the option to choose your preferred fire starting equipment, whether they are matches, lighter, magnesium fire starter. In addition, “Fire” includes the fuel to maintain the newly started fire; paste, nuggets, or petroleum soaked cotton balls in a sealed container. So you are now able to build a 10 essentials kit to your design. The list below will identify each essential as per The

Mountaineers **new list** and give some examples of equipment.

<b>1</b>	<b>Navigation:</b> A map and compass should stand as the minimum requirement. It is important that you understand how to use them. The Sierra Club’s book, “Land Navigation Handbook-the Sierra Club Guide to Map and Compass” is a good start. Keep the map in a handy spot and refer to it often even when you know where you are. This will help you identify landmarks you are not familiar with as the hike progresses into unknown territory. Never wait until you are lost to look at the map. Use a compass properly. Never place it on rocks or near metal objects. The ferrous metals may cause the compass to become inaccurate due to the magnetism in these objects. Don’t forget to add in a whistle. It will out last your vocal cords and is a great way to get the attention of others.
<b>2</b>	<b>Sun Protection:</b> This includes sunscreen, sunglasses and a hat. Sunscreen needs to be a minimum of SPF 15 or higher. The Mayo Clinic recommends that you should apply sunscreen 15 minutes before going into the sun and at least every 2-3 hours. Sunscreen also applies to sunscreen fortified lip balm. Sunglasses need to be 92-100% UVA and UVB protection. Use a hat with a brim to minimize exposure.
<b>3</b>	<b>Insulation</b> (Extra clothing): This is extremely important in the winter months, but the summer can turn on you too. Carry a few extra dry items for those unexpected thunderstorms and an accidental dip in to a lake. According to Search and Rescue, hypothermia is the most common cause for a rescue. With just a few extra items you can have a comfortable experience. Add at least a water-resistant shell and wind pants moisture wicking top and gloves. These items will help get you through that windy ridge top, hailstorm or through the night if you get lost. More is better.
<b>4</b>	<b>Illumination</b> (Flashlight/headlight): Either one works well but with the new Light Emitting Diode (LED) style batteries can last for 30-60 hours depending on the manufactures claims. LEDs are often much lighter than traditional lights. But remember to make sure to carry an extra set of batteries and test the light before heading out.
<b>5</b>	<b>First-aid supplies:</b> You can get a First-aid kit pre-assembled or create your own to meet your needs. Blisters are the most common problem. There are many blister kits out there from moleskin to gel pads. Find the one that works best for you. Also include items for major injuries such as gauze pads and wraps and latex gloves to protect the first responder. Add personal medications. Tell your hiking partner your medication schedule. Last, education such as a First-aid class is useful.
<b>6</b>	<b>Fire:</b> We covered Fire at the start of this article. But remember even in an emergency be careful not to start a wildfire that will get out of control. Make sure your fire ring perimeter is clear of fuel and put it completely out before leaving. A lost hunter caused one of the fires in Southern California. Millions of dollars' damage was caused by his neglect and he was held responsible.
<b>7</b>	<b>Repair Kit and Tools:</b> This enhances the old pocket knife requirement. A pocketknife is still sufficient however it should have more than just a blade. Make sure the pocketknife as at least a blade, can opener, saw, and a screwdriver. There are now multi-tools that have all these items and more.
<b>8</b>	<b>Nutrition</b> (Extra Food): Always carry an extra day’s food. No cook items are best. Simple things like nuts, dried fruit, energy bar and the like will work well. They are resistant to spoilage and are packed with calories. This extra food is something you will want if you have to spend the night out there.
<b>9</b>	<b>Hydration</b> (Extra Water): Carry more than you think you might need. A purifier is a good idea if you will be around a water source.
<b>10</b>	<b>Emergency Shelter:</b> This can be anything from a space blanket to a large plastic bag. Better yet take a few plastic bags. They are cheap and don’t take much room.

The eleventh essential is education. Your local bookstore offers many books on the above.

Better yet take a class. Have fun out there and be safe.