

# Scout Troop 166/066

## Newcomer Guide: The Ten Essentials

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You will find different versions of the Ten Essentials. Remember that each trip has different demands, but the list isn't just what you'll normally use — it's what you might need in an emergency. **Be Prepared!**

Before the list comes PLANNING, which is even more essential.

### The Short List

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1. **First-Aid Kit**
2. **Map & Compass**
3. **Signal (Whistle & Mirror)**
4. **Water & Food**
5. **Knife**
6. **Fire (matches, lighter, firestarter)**
7. **Light (flashlight)**
8. **Proper Clothing — includes a good hat and good shoes/boots**
9. **Shelter (tent/tarp/space blanket)**
10. **Weathering (sunscreen/rain gear)**

### Assumed but Not Listed

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A good backpack is very important — get help fitting one BEFORE the trip.

Good footwear is VITAL. Never use brand-new boots on a trip — break them in first.

Required by Troop 166: 50' of rope. Usually a 25' length plus five 5' lengths for lashing.

Troop 166 expects scouts to pack everything in a backpack, even for car-camping — this builds experience.

# The Detailed Version

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## 1. First-Aid Kit

A few items treat scratches, blisters, and minor injuries, and allow initial care for more serious injuries while waiting for help. Learn what's in your kit and how to use it BEFORE your trip.

## 2. Map & Compass

Probably the most important tools if you get lost — but you need to know how to use them before you need them.

## 3. Signal Devices

A whistle can save your life, and in some places is required. A mirror can be seen from farther than a whistle can be heard. A mobile phone should not be relied upon (signal and battery issues) but can be a lifesaver.

## 4. Water & Food

Prevents dehydration, heat exhaustion, and heatstroke. Food gives energy to keep hiking or stay warm. Pack emergency food like energy bars. Iodine tablets can make water safer to drink as a backup.

## 5. Knife

A pocketknife or multitool handles everything from building an emergency shelter to repairing a damaged backpack. Keep it sharp and clean, and earn your Totin' Chip first.

## 6. Fire

Store matches or lighters in a waterproof container. Flint and steel work great — once you've practiced. Dryer lint (especially from a load of towels) is excellent firestarter.

## 7. Light

A flashlight, headlamp, or rugged penlight for finding your way in the dark. Bring extra batteries.

## 8. Clothing

Multiple layers are better than a single massive jacket — layered clothing adapts to a wide range of temperatures. Plan for hot and cold, dry and wet.

## **9. Shelter**

A tarp, tent, and sleeping bag for a typical backpack trip. A groundcloth under the tent helps keep it dry. Don't forget stakes and rope. Space blankets (lightweight mylar) help in emergencies.

## **10. Weathering**

Sunscreen even on cloudy days or glaciers. A good hat protects from sun, rain, heat, and cold. Bread bags keep feet warm and dry in soaked boots. A rain cover or trash bag means arriving at camp with dry clothes. A light wool or silk scarf is surprisingly versatile.