



## Outdoor Essentials<sup>8</sup> for Hiking, Camping and Backpacking



<u>Item</u>	<u>Have it</u>
Pocketknife	
First aid kit	
Extra clothing <sup>9</sup>	
Rain Gear	
Water bottle (With water)	
Hiking boots or sturdy shoes	
Flashlight <sup>10</sup>	
Trail Food	
Matches and fire starters	
Sun protection	
Map and Compass	

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<sup>8</sup> Original list from *The Boy Scout Handbook*, 11<sup>th</sup> ed., 1998.

<sup>9</sup> Extra socks are a necessity. The socks wick the moisture away from your feet, but need to be changed.

<sup>10</sup> You should carry a flashlight, even if you are not planning on being out after dark.