

WBC's Ten Essentials (it's more than 10)

From *Mountaineering: The Freedom of the Hills*, WBC's recommended items are underlined. Items not included here that may be essential to you are medications and prescription eye wear.

1. **Navigation:** Topographic map in waterproof container, compass, and optional altimeter or GPS receiver.
2. **Sun protection:** Sunglasses, sunscreen for lips and skin, hat, and appropriate clothing.
3. **Insulation:** Hat, gloves, jacket, extra clothing for coldest possible weather during current season.
4. **Illumination:** Head-lamp, flashlight, batteries. LED bulb is preferred to extend battery life.
5. **First-aid supplies** (insect repellent depending on area and season.)
6. **Fire:** Have a least two ways to start a fire i.e. butane lighter and matches in waterproof container.
7. **Repair kit** and tools: Knife, multi-tool, scissors, trowel, duct tape, cord or twine, rubberbands, safety pins.
8. **Nutrition:** Emergency food for one additional day. Dry food is preferred.
9. **Hydration:** Emergency water (2 liters) for one additional day.
10. **Emergency Shelter:** Tarp, bivouac sac, space blanket, plastic tube tent, or jumbo trash bags.

Highly recommended

1. Emergency signaling device: Whistle, mirror, cell phone, Personal Locator Beacon (PLB), laser pointer.
2. Water purification: Water filter system, purification tablets, steripen, water bottles.
3. Hand sanitizer: Especially if you'll be preparing shared food.
4. Personal ID: Driver's license, insurance card, medical conditions, credit card, and cash.

Very helpful to have

1. Bandana
2. Needle and thread
3. Permanent marker and paper
4. Toiletry: wet wipes and/or toilet paper and plastic bags for packing out
5. Ear plugs