10 Essentials Checklist

The ten essentials have long been regarded as an essential part of preparation for hikes. They were quickly adopted by the hiking and mountaineering communities as a trusted list and have evolved into the ten items you see today.

- [ ] **1. Navigation** – A compass with topographic maps and a GPS.

- [ ] **2. Sun Protection** – Hat, Sunscreen, Glasses, covering clothing.

- [ ] **3. Insulation** – Hat, Gloves, jackets, thermals, socks and other clothing for cold weather.

- [ ] **4. Illumination** – Head torch and hand torch both with spare batteries.

- [ ] **5. First-aid supplies** – An First-aid kit and insect repellent.

- [ ] **6. Fire** – Matches and other fire lighting materials in sealed container.

- [ ] **7. Repair kit & tools** – Knifes, multi-tool, trowel, duct tape and any other repair equipment.

- [ ] **8. Nutrition** – Good hiking food along with extra supplies for emergency.

- [ ] **9. Hydration** – Bring at least 2 litres of water and a filtration device such as a life straw.

- [ ] **10. Emergency Shelter** – Either a Bivvy, space blanket, tarp, or other.