



**Ten Essentials is a collection of first aid and emergency items that can help you in the event of minor injuries, sudden weather changes, or unexpected delays.**



# TEN ESSENTIALS

**Colorado has unpredictable weather and random phone service therefore it is recommended that you carry The Ten Essentials on any trip.**

- 1. NAVIGATION:** Map, compass, or GPS systems are used when planning your route, and when you need help orienting yourself. Know how to use a topo map and a compass before going out. (don't rely on GPS systems).
- 2. SUN PROTECTION:** Sunglasses, sunscreen, and hat are necessary to protect your skin and eyes against harsh UV rays that are responsible for sunburns and skin cancer.
- 3. INSULATION:** Jacket, hat, gloves, rain shell, and thermal underwear Nature is unpredictable. Be prepared for sudden changes in weather conditions and always pack extra clothing.
- 4. ILLUMINATION:** Flashlight, lanterns, and headlamp Lighting is indispensable where no conventional light is present. Don't forget to pack extra batteries.
- 5. FIRST-AID SUPPLIES:** Be prepared for emergencies and self-aid. Start with a pre-made kit and modify it to fit your trip and your medical needs.
- 6. FIRE:** Matches (waterproof), lighters, and fire starters. Fire can be an emergency signal and a heat source for cooking and staying warm.
- 7. REPAIR KIT AND TOOLS:** Duct tape, knife, screwdriver, and scissors. Consider packing a compact multi-tool, that can include a knife, screwdriver, can opener, etc.
- 8. NUTRITION:** always be prepared for the possibility of plans changing. Pack an extra day's supply of no-cook food. Salty and easy-to-digest snacks (ie. trail mix, nuts, and granola bars).
- 9. HYDRATION:** Water and water treatment supplies. Staying hydrated on your trip is of utmost importance!
- 10. EMERGENCY SHELTER:** Tent, space blanket, and or tarp. Shelter is one of the most important elements during an emergency survival situation. It can protect you from severe weather conditions and exposure to the elements.

