



Ten Essentials

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A Systems Approach

To Find Your Way:

1. Navigation
2. Illumination

For Your Protection:

3. Sun Protection
4. Nutrition
5. Hydration
6. Insulation

For An Emergency:

7. Fire
8. Emergency Shelter
9. Repair Kit & Tools
10. First Aid



1. Navigation

- Map
- Compass



2. Illumination

- Headlamp
- Extra Batteries/Bulb



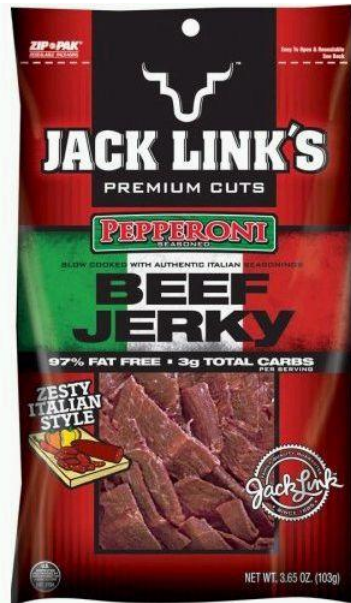
3. Sun Protection

- Sunscreen
- Sunglasses
- Protective Clothes



4. Nutrition

- Extra Food
- High-calorie, no-cook



5. Hydration

- Extra Water
- Purification System



6. Insulation

- Extra Clothing



7. Fire

- Waterproof Matches
- Firestarter



8. Emergency Shelter

- Emergency Blanket
- Tarp
- Bivvy Sac



9. Repair Kit & Tools

- Knife/Multi-tool
- Duct Tape
- Cord



10. First Aid

- First Aid Kit
- Know How to Use It!



The Ten Essentials

1. Navigation	• Map • Compass
2. Illumination	• Headlamp • Extra batteries/bulbs
3. Sun Protection	• Sunscreen • Sunglasses
4. Nutrition	• Extra food
5. Hydration	• Extra water
6. Insulation	• Extra clothing
7. Fire	• Fire source (matches) • Fire starter
8. Emergency Shelter	• Bivy sac • Emergency blanket
9. Repair Kit and Tools	• Knife/multi-tool • Duct tape, etc.
10. First Aid Kit	• Know how to use it!

