

The Ten plus Essentials (10 Es')

1. whistle
2. fire starter & waterproof matches
3. map
4. knife
5. compass
6. first aid kit
7. sun protection (lip balm, sunscreen and a hat)
8. warm, extra clothing (hat, socks, gloves) - NO COTTON.
9. flashlight (with extra bulb and batteries)
10. extra food
11. rain gear (We live in the NW, not in CA).
12. Repair kits, to fix pack straps, belts, and shoelaces. (Duct tape works too)
13. Toilet paper, because it's essential.