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The 10 ESSENTIALS

Whenever I go on a hike in the backcountry the 10 essentials are a non-negotiable for me, they always come. I highly urge you to get to know each essential, develop your own plan and determine your own non-negotiables.

1.	NAVIGATION	Maps (paper & electronic) - Compass – Garmin GPS & Satellite Messenger
2.	HEADLAMP	One set of extra batteries (hike) – 2 sets (x-long backpacking trip)
3.	SUN PROTECTION	Buff, Sunscreen, Sunglasses, Long Sleeve Base Layer (if hot outside, I get this wet)
4.	FIRST AID	First Aid Kit includes Blister Kit & Insect Repellent
5.	KNIFE	+ Gear Repair Kit
6.	FIRE	Waterproof matches, lighter, stove, fuel
7.	SHELTER	Emergency Bivy (hike + 1 for backpacking emergencies) + Sleep System (backpacking)
8.	EXTRA FOOD	The amount of extra food is trip dependent. (energy bars, nuts, dried fruit, jerky)
8.	EXTRA WATER	Water filter (and backflush syringe) + Backup Liquid Water Purification
10.	EXTRA CLOTHING	For life, cold & comfort protection (rain coat, hat, socks, gloves, rain pants, insulated coat)