



Recommended Survival Kit

The Mountaineers, a Seattle-based organization assembled the original Ten Essentials list in the 1930s for climbers and outdoor adventurers.

Classic Ten Essentials

1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp/flashlight
6. First-aid supplies
7. Fire starter
8. Matches
9. Knife
10. Extra food

In 2003, the group's updated 'systems' approach made its debut in its seminal text on climbing and outdoor exploration, ***Mountaineering: The Freedom of the Hills***, now in its eighth edition. The Jon Francis Foundation believes that this is the very best list of essential items for a personal survival kit.

Ten Essential 'Systems'

1. Navigation (map and compass)
2. Sun protection (sunglasses and sunscreen)
3. Insulation (extra clothing, torso & head)
4. Illumination (headlamp/flashlight, & extra batteries)
5. First-aid supplies
6. Fire (waterproof matches/lighter/starter)
7. Repair kit and tools (multi-knife, multi-tool, etc.)
8. Hydration (extra water, or purification means)
9. Nutrition (extra food, condensed/high calorie/high energy)
10. Emergency shelter (plastic tube tent/garbage bag)