

THE TEN SAR ESSENTIALS – Ready Pack List

1. EXTRA CLOTHING

Hats, gloves, socks, bandannas, rain gear, long johns, sweater, etc.

2. FOOD AND WATER

Food (meals & snacks), water bottles/canteens, water filter, bowl, cup, utensils, cook pot, stove, fuel

3. SUN PROTECTION KIT

Sunglasses, sunscreen, bandanna

4. KNIFE OR MULTI-TOOL

Pocket knife with accessories

5. FIRE MAKING KIT

waterproof matches, match carrier, fire starter

6. SIGNAL KIT

Mirror, whistle, trail tape, lightsticks, flares, binoculars, cell phone, radio, PLB

7. FIRST AID KIT

Bandages (triangular, compress, gauze pads, gauze rolls, bandaids, tape, forceps, splint, pain killer, insect repellent, gloves, mask

8. FLASHLIGHT KIT

Head-lamp, flashlight, penlight, spare bulbs & batteries

9. NAVIGATION KIT

Maps, compass, GPS, pace counter, watch/timer, notebook, pen, pencil

10. SHELTER KIT

Trash bag, tent, tarp, or bivouac bag, poles, stakes, rope, pad