



OUTDOOR ADVENTURE CORPS

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TEN ESSENTIAL SYSTEMS

The Mountaineers, a climbing club in the Northwest of the United States, first described the ten essentials in the 1930's. Many organizations have adopted this list as the minimum items one should carry while participating in backcountry activities. With the seventh edition of *The Freedom of the Hills* in 2003, the Mountaineers modified the list to Ten Essential Systems. You should have a very solid informed reason to leave something on this list behind on your adventures.

1. Navigation
 - a. Map and compass, initially two separate items on the list
 - b. GPS or other electronic devices should be considered supplements to map and compass
2. Sun protection
 - a. Sun screen, long sleeves/legs, hat, sunglasses, lip balm/screen
3. Insulation
 - a. Extra clothing appropriate for the worst conditions to be expected
4. Illumination
 - a. Headlamp or flashlight
5. First aid supplies
 - a. Wound control, blister, pain meds
6. Fire
 - a. Matches and/or lighters, fire starter, stove
7. Repair kit and tools, including knife
8. Nutrition
 - a. Extra food – more than you expect to need
9. Hydration
 - a. Extra water – more than you expect to need (or the means to obtain more water – filter, tablets, etc.)
10. Emergency shelter
 - a. If no tent or other typical shelter is being carried, consider a lightweight emergency shelter, a waterproof tarp, or even large industrial plastic garbage bag