



# Ten Essentials for Leaders

Updated August 29, 2016



This is not an exhaustive list but an essential list. Not all the items will be used on every hike, but the Scouter will better appreciate the motto “Be Prepared” when they are indeed needed.

See also the “Ten Essentials” at [http://en.wikipedia.org/wiki/Ten\\_Essentials](http://en.wikipedia.org/wiki/Ten_Essentials).

## 1. NAVIGATION

- Map (paper, do not rely on the phone)
- Charged Phone
- Whistle
- Compass if night hike or not at a small park

## 2. SUN

- Sunscreen; Remind all to reapply every few hours;
- Encourage Scout hats.

## 3. FOOD

- Who is the Snack/Den Parent?
- Always bring a little extra.
- Remind children to break/snack often on hikes.

## 4. WATER

- Where is the nearest faucet or bathroom?
- Bring an extra bottle full of water.
- Remind children to break/snack often on hikes.

## 5. FIRST AID

- Risk reduction plan reviewed and activity reflection/recap planned
- First Aid Kit with skills to use it
- Where is the nearest Emergency Room?
- Emergency, Medical, and Liability Forms on hand
- Two Deep Coed Leadership and enough adults to supervise; frequent head counts
- Bug Repellent
- Soap or sanitizer solution

## 6. TOOLS

- Pocket Knife and others as needed for activities
- Paper and pen
- Trash bags

## 7. CLOTHING

- Large towel
- Use a trash bag as a spare poncho

## 8. LIGHT

- Flash light if night hike or if not at a small park

## 9. SHELTER (Weather)

- Leaders should have a plan to lead the young Scouts to a shelter or the car in case of sudden weather changes. Activities will be postponed thirty minutes for thunder and cancelled for an official weather advisory, watch, or warning.
- Always keep activities in shade when possible.
- Tarp and rope if night hike or not at a small park

## 10. FIRE

- Matches and lighter if night hike, not at a small park, or if cooking