

## Mr. Dubler's Essentials-Survival List

The official Scout 10 essentials are:

1. Knife
2. First aid
3. Extra clothing
4. Rain gear
5. Illumination (flashlight)
6. Food
7. Water
8. Firestarter
9. Sun protection
10. Navigation (map, compass, etc)

Here's how I apply the 10 essentials (and a few more) to my pack for a day hike (not overnight backpacking). These are not the only things I bring—see my complete list on a separate page.

### Regular stuff in my backpack

My item	10 Essentials Category
First aid kit including Advil and allergy meds	First aid
Knife and multi-tool	Knife
Rain gear	Rain gear
Fleece, shell, gloves, hat, extra socks	Extra clothing
GPS (GaiaGPS on phone), backup paper map	Navigation
Sunscreen, sunglasses, and brim hat	Sun Protection
Food	Food
Water	Water

### My survival kit packed in a gallon Ziploc bag

My item	10 Essentials Category
SOL brand "sport utility blanket" in bright orange	Extra
50 ft paracord in bright orange	Extra
Lighter and waterproof matches	Firestarter
Coughlan's "Fire Disk"	Firestarter
Compass	Navigation
Life Straw water filter	Water
Wind-up flashlight	Illumination
Whistle	Extra
High density food (Clif bars)	Food

## **Commentary**

Sport utility blanket. It is heavier and bulkier than "space blankets." But much tougher and larger. It can be used for all kinds of things: blanket, tent, ground cover, rain water collection, stretcher, and more. Bright orange color so can be spotted by searchers.

Paracord in bright orange. 50 ft seems like a lot until you need it. Useful for shelter setup, splints, emergency shoelaces, marking a path with small bits, and more.

Lighter and matches? Yes, because backup! Plus, lighters can sometimes fail or be too hard to operate with very cold hands.

Coughlan's Fire Disk. Makes it easy to start a fire. If you are caught above tree line, it may be the only thing you can burn!

Life straw. Only 1.4 ounces, so why not? The straw is easier to use with shallow pools of water that may be so shallow you can't get your bottle in it. Also, tablets take a long time to work, especially in the cold. Life straw works immediately. However, you cannot leave water in the straw that might freeze.

Wind-up flashlight. This way I don't have to worry about the batteries.

### **Hey Mr. Dubler, why don't you take...**

Space blankets? They don't provide much value and they are too fragile. Better than nothing, though.

Fishing gear? Your chances of catching fish with a survival kit are essentially zero. Use your energy to get hydration, firewood, and shelter instead.

Signal mirror? I don't anticipate that I can get the mirror out and somehow bounce a signal in the few seconds a helicopter will fly nearby, especially if it is cloudy. Instead, get a bright orange "sport utility blanket."

Flint or fire striker? Go ahead and bring one if you want. Have you tried one? Very hard to use. Lighters are just so dependable and cheap. I bring a lighter plus stormproof matches.