

'Ten' Essentials

Things you should know ... things you NEED to know, and things you should always carry when adventure travelling!



*Q: Did you know that 'three of anything' is the universal sign of distress? - e.g. 3 whistle blows, 3 orange garbage bags, 3 pieces of tarp? We 'hear' or 'see' 1, and we may think to ourselves: "hmm, that's strange ... 2? - What a coincidence? 3? - **Deliberate** - someone is signaling for help!*

'Ten' Trip Essentials

There are always variations & additions to this list*, which might include for example, reading glasses, medications. Plan accordingly, and remember the golden rule of 'not leaving home' without it ~ & don't forget to keep it all waterproof!

1. Map & compass (this could be on your phone apps., but remember batteries do die)
2. Sunglasses and sunscreen (hat too!)
3. Extra & weather appropriate clothing (weather can change quickly)
4. Headlamp/flashlight - extra batteries
5. First-aid kit - check contents & expiry dates, and know how to use it!
6. Fire starters, waterproof matches, etc. Have several sources.
7. Folding knife, ideally with a multi-tool or one of each
8. Extra (emergency) food & water
9. Tarp or foil blanket, with rope for tying
10. A whistle! 'Fox 40' is among the better ones; make sure it works in the wet & cold!

* I always carry an orange garbage bag, 50' of static rope (6-10mm), 3 + lighting sources (inc. a flint striker) & some form of insulation pad to minimize heat loss. The 'bum' cushion size is awesome because it can double up as an improvised air splint.