The Ten Essentials Mountaineering: Freedom of the Hills – 8th Ed.		
A Systems Approach	Item Description	The Classic List
1. Navigation	Tools and skills to know where you are and how to get back. Typically a Map and Compass. Other tools include GPS, Route markers, guidebooks, and other aids.	1. Map 2. Compass
2. Sun Protection	Protect yourself from the sun, including UV light based on your location and environment. Don't forget reflection of sunlight off snow and water. Clothing, brimmed hats, sunglasses and sunscreen all help accomplish this.	3. Extra Sunglasses Sunscreen
3. Insulation (Extra Clothing)	Extra insulation for emergencies. Including rain, cold, excessive heat, and times when you are not active. Can you survive the night or the worst conditions you could be confronted with? Dress in layers.	4. Extra Clothing
4. Illumination	Some way to light up your path and maintaining that light over sustained times. This includes extra batteries, bulbs and alternative sources of light. Going caving? You will need 3 independent sources per person!	5. Headlamp or Flashlight
5. First Aid Supplies	First aid supplies and skills (WFR, WFA?) to handle medical and traumatic injuries. Do not let a first-aid kit give you a false sense of security. The best course of action is to always take the steps necessary to avoid injury or sickness in the first place. Soap!	6. First Aid Supplies
6. Fire	Carry the means to start and sustain an emergency fire. Have the tools and skills necessary to build a fire. Flint and steel kits are fun, but matches and lighters work just as well if not better. Camp stoves might be your only option for a fire in some locations	7. Firestarter 8. Matches
7. Repair Kit and tools, including Knife	Knives are so useful in a multitude of purposes. Everyone who is allowed should carry one. In addition, repair kits can save a trip: extra shoelaces, safety pins, needle and thread, wire, duct tape, nylon fabric repair tape, cable ties, plastic buckles, cordage, webbing, replacement parts for other equipment (buckles!) and etc.	9. Knife
8. Nutrition (Extra Food)	Depending on the length of your trip. Extra food should be carried. Should require no cooking such as GORP, or granola bars.	10. Extra Food
9. Hydration (Extra Water)	Carry sufficient water and have the skills and tools required for obtaining and purifying additional water. Keep in mind situational environments such as hot weather or deserts. Always have at least on water bottle as bladders have limitations.	
10. Emergency Shelter	Carry some sort of extra shelter (in addition to a rain shell) to protect from rain, wind, cold, sun, and etc. Ground plastic works great and is very versatile. Bivy sacs are also a great alternative if not already carrying a tent. Consider a ground pad as well.	

Other Important Items:	
Insect Repellent	Keep the bugs off!
Signaling Devices	Whistles, Mirrors, Radios, Avalanche Transceivers, Telephones?
Activity Based Specifics	Canoeing, Rock Climbing, Mt. Biking, Caving, Skiing, Touring, Birding, Snowshoeing and etc.
Location (Environmental) Based Specifics	Desert, Mountains, Tropical, Oceanic, Lake, Forest, Tundra, extreme heat or cold, weather and seasonal conditions.

Follow Leave No Trace Guidelines
1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impact
6. Respect Wildlife
7. Be Considerate of Other Visitors
For more information visit www.LNT.org