

Leadership Essentials

What are the things most people are going to forget or run out of?

Ten Essentials

Navigation – Map, Compass, GPS, Altimeter
Sun Protection - Clothes, hat, sunglasses, sunscreen
Insulation – Good in wet weather
Illumination
First Aid Supplies
Fire – Matches and Starter, Stove and pot
Repair Kit and Tools
Nutrition – Something you're not planning on eating
Hydration – Water or filter/Purifier
Emergency Shelter

Leader's Pack

Bandana	Extra Clothing
Multi-tool	Good Insulation
Duct Tape	Hat/Balaclava
Hiking Poles	Gloves
3 mm Cord (Shoelaces, bear bag, clothesline)	
Water Treatment	
Energy Snack	
Hard Candy (Diabetic)	
Socks – Water Crossing or hand warmers	
Climbing Emergencies (webbing, biner, Belay device, Anchor material, Rope)	
(For routes with possible exposure)	

Leader's First Aid Kit

Blister Treatment
Elastic Wrap – Sprains and dislocations
Gauze
Cravat
Bandages
Benzoin
Mouth to mouth protection
Rubber gloves
Sam Splint