

# The 10 Essentials

					Things to Consider
Navigation					Type of Activity
Headlamp					Environment
Sun Protection					Length of Activity
First Aid					Weather/Season
Knife					Wildlife/Bugs
Fire					Activity-specific tools
Shelter					
Food					
Water					
Clothes					

Limerick:

Notes:

To **navigate**, **head** for the **sun**

With **first aid** and **knife** on the run

Bring **fire** and **shelter**

**Extra food** is a helper

But **water** and **clothes** weigh a ton.