**10 Essentials-**

1. Food
2. Water
3. Fire Supplies: waterproof matches, fire starter
4. Insulation: clothes or blanket
5. Navigation: map and compass
6. Sun protection: sunglasses and sunscreen
7. First Aid Kit
8. Flashlight
9. Tools: pocket knife
10. Shelter: tarp or tent

**Survival-**

**Guidelines:** If you get misplaced/separated from the group

* **S -** Sit
* **T -** Think
* **O -** Observe
* **P -** Plan

**The 4-4’s:** Air, Shelter, Water, and Food are the 4 basic items people need to survive. These are the maximum amount of time a human can go without these.

* 4-minutes: Air
* 4-hours: Shelter. Blankets, clothing, buildings.
* 4-days: Water
* 4-weeks: Food