

## Updated Ten Essential "Systems"

1. Navigation (map and compass)
2. Sun protection (sunglasses and sunscreen)
3. Insulation (extra clothing)
4. Illumination (headlamp/flashlight)
5. First-aid supplies
6. Fire (waterproof matches/lighter/candles)
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

## Classic Ten Essentials

1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp/flashlight
6. First-aid supplies
7. Firestarter
8. Matches
9. Knife
10. Extra food

The original Ten Essentials list was assembled in the 1930s by The Mountaineers, a Seattle-based organization for climbers and outdoor adventurers. In 2003, the group's updated "systems" approach made its debut in its seminal text on climbing and outdoor exploration, [Mountaineering: The Freedom of the Hills](#) (The Mountaineers Books, 2010), now in its eighth edition.

The above was copied from REI's web site Nov 4, 2012.

For skiing, you may consider adding some of these, depending on your destination

## Extra Winter Items

1. A buddy
2. Insulated pad – for sitting on
3. Snow shovel
4. Avalanche transceiver
5. Probe
6. Knowledge of proper use of this gear
7. More clothing layers
8. Additional tools and repair parts