



## The Ten Essentials

Whether you're going out for a short hike or heading into the wilderness for a week, never forget to bring the **Ten Essentials!** This collection of important gear will keep you safe in all conditions, so you can be prepared for whatever your adventure brings your way.

### Materials you need:

- **The Ten Essentials video**
- A backpack, or any kind of bag
- Cardboard, paper or any craft materials to use if you don't own all Ten Essentials

## Learn

*First, find out why it is important.*

1. Watch the video **GSOSW's Ten Essentials for Outdoor Adventures**.
2. Make a list of the items discussed in the video, and write down any helpful tips you want to remember.
3. Next to each item, write down a situation that could arise during your favorite type of outdoor adventure that would make that item essential.

## Try It Out

***Now, pack a bag including all Ten Essentials so you can practice getting ready for an outdoor adventure!***

1. Find a backpack or other bag you can use for this activity.
2. See what you already own that could fulfill each of the ten items.
3. If you don't have a particular item, create a model of that item with any craft materials you have. Draw it, cut it out, get creative!
4. If you can, take a photo of your personal Ten Essentials and share it on the **GSOSW Facebook page**. You can also use the hashtag #gsoutdoors.

**Did you Know?** This activity helps you complete Step 2 of all Trail Adventure badges!