



13 Essentials

Whether you're going for a day trip or a multi-day expedition, there are a few things you should always have on hand. The Spokane Mountaineers has a list of 13 Essentials—critical items which belong in your pack as insurance against the unexpected. You may not use each item daily, but one may be a life saver in an emergency. Roll over the icons for details.



MAP

Bring a Topographic map and a pencil. Keep them clean and dry in a plastic bag.



COMPASS

Bring a good compass with 2" markings on a base. One with a mirror and the option to set declination is best.



HEADLAMP OR FLASHLIGHT

Make sure you also have extra batteries and a bulb.



FIRE STARTER

Bring a candle, paste or other commercial fire starter.



POCKET KNIFE

Choose something small and light, with a locking blade.



EXTRA FOOD & WATER

Bring extra high-energy food and at least a quart of water.



MATCHES OR LIGHTER

Pack matches in a waterproof container and make sure lighter has plenty of fluid.



FIRST AID KIT

A small bag with gloves, necessary medications & supplies to suit your level of training & the activity.



EXTRA CLOTHING

Bring rain gear & the necessary clothing to suit the needs of your activity.



EMERGENCY SHELTER

A small tarp or two large plastic garbage bags will keep the wind and rain off of you.



TOILET PAPER & TROWEL

A blue bag might also be necessary if traveling in protected areas.



SIGNALING DEVICE

Bring an emergency whistle or mirror.



SUN PROTECTION

Bring waterproof sunblock (SPF 15+), Sunglasses (98-100% UVA & UVB) and a hat with a brim.



CLIMB ON!