

The 10 Essentials for Hiking at Philmont Scout Ranch

1. **Map & Compass** - and the ability to read a map and use a compass.
2. **Sun & Insect Protection** - sunscreen, **broad brimmed hat**, **sunglasses**, insect repellent.
3. **Water & Extra Food** - a minimum of 4 quarts of treated water is essential in the Southwest.
4. **Rain Gear & Extra Clothing** - preferable a breathable rain suit with jacket and pants. Daytime temperatures can drop to 40 degrees F during the summer; nighttime temperatures can drop below freezing. Wool and/or polypro or other synthetic fabrics are recommended. Cotton clothing is not suitable for retaining body heat.
5. **First Aid Packet** - adequate to treat common injuries that may occur on a hike, including latex gloves for protection from blood borne pathogens.
6. **Matches/Lighter** - for building a small campfire if necessary for warmth, drying clothing, or boosting morale.
7. **Pocket Knife** - a Swiss army knife with several tools is recommended.
8. **Watch** - an inexpensive watch will help you stick to the scheduled itinerary. This can be attached to your pack or daypack.
9. **Flashlight/Headlamp** - for use if darkness overtakes you during your hike or an emergency requires that you hike after dark.
10. **Whistle** - a simple whistle for use as a signal to alert others of your location.