

### Team Vista's 10 Essentials for Friday Hikes and Observations

Come dressed in appropriate hiking clothes and be ready for our hike and observation on Fridays all year long. To be prepared you will need:

1. **Hiking boots and over-the-ankle hiking socks** (winter boots/socks in the winter)
2. **Rain jacket and pants** that are seam-sealed (available from Team Vista)
3. **Extra clothes** to keep you warm depending on the weather conditions including winter ski hat, fleece/wool layers, extra hiking socks and gloves or mittens
4. **Backpack lined with two trash bags (tall kitchen bag)** Your school book pack is fine as long as it can carry all the essentials that sometimes includes a lunch. Some students have a separate pack for Friday hikes that is larger than their bookpack.
5. **One, 32 oz. water bottle** filled with water, no pop or squirt tops—they leak
6. **Trash bag (lawn bag size)** to sit on if the ground is wet and to be used as an emergency shelter
7. **Extra food** such as several energy bars or other nutritious, high energy food (should not spoil and can be used from week to week)
8. **Flashlight or headlamp, spare batteries and bulb** (You do not need a large one. Get one with double A (AA) or triple A (AAA) batteries. Double A lights usually have two batteries and triple A lights usually have three batteries.)
9. **Complete tool kit** (see above)
10. **Nature journal** (This is one of the five marbled composition books.)

This is a modified version of the **10 Essentials List** hikers and mountaineers have been using for years. We may also ask you to pack sunglasses and/or first-aid supplies too. However, each basecamp carries a first-aid kit, pocketknife, and matches in a waterproof container, fire starter, whistle, and bivy sack.

Remember, each week, you will receive a **preparedness grade worth 30 points** that will appear on your outdoor education progress report.

**SAVE THIS SHEET AT HOME TO REMIND YOU WHAT YOU NEED TO  
BE PREPARED EACH DAY AND FOR FRIDAY HIKES AND  
OBSERVATIONS ALL YEAR LONG.**