



Ventura County Sheriff's East Valley Search & Rescue

Ten Essentials

- 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**

