



Roaming Rocky Podcast Script The Ten Essentials

Hi, and welcome to Roaming Rocky, an informative series of podcasts on Rocky Mountain National Park.

This is a great park for hiking and backcountry travel with over 355 miles of trails, and any season of the year can make for a great outing. Whether you're taking a fall trip to Cub Lake, or maybe planning a winter adventure ice climbing, going to check out the spring thaw at Bridal Veil Falls, or enjoying a summer trip to the Loch, or maybe even a climb up Longs Peak, there are a few things you'll want to make sure you bring along.

Long before the invention of cell phones and GPS units, a list called the Ten Essentials began to emerge as a recommended list of things to take along when you're hiking in the backcountry to allow you to have a safer outing. These are still a good idea. That's because cell phone coverage in the park is poor, most of the time your phone is going to be searching for service while you're in the backcountry. Search and rescue operations often require that you are able to survive a night before help arrives, and the Ten Essentials will greatly improve your odds.

So what are these Ten Essentials? Well, let's go through the list:

- Number one is a map, have a decent one and know what general direction you would walk to find a road.
- Number two is a compass, and these days a nice option is to bring along a GPS, and if you do, be sure to bring a spare set of batteries.
- Number three is sun protection: sunscreen and a good pair of sunglasses. At these altitudes, sun can be really intense.
- Number four is extra food: more than you plan on eating that day, and plenty of water. It's always good to bring along a way to purify more water either with tablets or water filtration. I like this water bottle because it has a filter built right into it.
- Number five are extra clothes and be sure to include rain gear. Staying dry is a critical element in avoiding hypothermia.
- Number six is a flashlight, and maybe also a headlamp is nice, and I would advise having an extra set of batteries for these as well.
- Number seven is a first aid kit, and that can be either homemade or a commercial kit.
- Number eight are fire starters. That can be magnesium shavings from something like this, or simply a candle or some dry tinder.
- Number nine is waterproof matches, and personally I like to carry a lighter as well.

- Number ten is some kind of pocket knife, and I like to round off my list by also including a whistle: it's a nice extra to have along and can really help you out if you have to be signaling for help over a long period.

Using some good common sense, and having the Ten Essentials in your pack will go a long way to help getting lost in the backcountry to start with, but if you do run into trouble, it will greatly improve your odds of surviving the night and allowing our search and rescue teams to come find you.

Well, with your list checked off, head out and have a great hike in Rocky Mountain National Park.

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Park information is available at 970-586-1206 or on-line at www.nps.gov/romo

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