EPISODE SEVEN MATERIALS LIST
(air date 20 June 2020)

THE TEN ESSENTIALS:
1. Pocket Knife
2. First Aid Kit
3. Water / Water Storage
4. Flashlight
5. Food
6. Fire Starter
7. Compass
8. Extra Clothing
9. Rain Gear
10. Sun Protection

EXTRAS:
- Whistle
- Rope
- Signal Mirror

TAYLOR’S FRIENDSHIP TRAIL MIX:
- Cheerios
- Cranberries
- Beef Jerky
- Gummy Bears
- Granola
- Popcorn
- Goldfish
- M&Ms
- Peanuts
- Animal Crackers

NATHANIEL’s TRAIL MIX:
- M&Ms
- Sunflower Seeds
- Pumpkin Seeds
- Pretzels
- Raisins
- Popcorn
- Almonds
- Cashews
- Pecans

NATHANIEL’s TRAIL BURRITO:
- Flour Tortilla
- Melted Cheese
- Potato
- Bacon (or other protein)