

Survival Kit Recommendations

The decision to build a survival kit is a very personal one, and many things must be considered. It is impossible to include every item that may be needed in a survival situation and compromises will have to be made. The following is a list of items and ideas that may help you. By including a few items from each of the specific areas you will be well on your way to having the essentials to help yourself and others when an emergency arises.

Remember, this is a suggested list and should only be used as a guide. Attempt to keep the survival kit to a workable size and designed for "ease of carry." Periodically check the kit contents for serviceability and replace any items that have a limited shelf-life.

SHELTER...

1. Large plastic garbage bags / tube tent.
2. Thermos, foil blanket / space blanket.
3. Rain suit (Jackets and pants).
4. Plastic sheet (6*6', black).
5. Extra wool socks and hat.
6. Small wool blanket.
7. Parachute cord or strong twine (40 feet).

FIRE AND LIGHT...

1. Matches (water or wind proof).
2. Butane or "Bic" lighters.
3. Flint striker or pyrophoric metal.
4. Cotton balls - vaselined.
5. Steel wool.
6. Sterno canned fuel.
7. Gauze bandage dipped in melted paraffin wax.
8. Candles - stick type, not canned.
9. Cyalume chemical light stick.
10. Flashlight with extra batteries (one equipped with a magnet).
11. Aluminum foil - fire platform and light reflector.

FOOD AND WATER...

1. Chocolate bars, baking chocolate and hard candies.
2. "Ramen" noodles or minute rice.
3. Beef stick or "Slim Jims" - a fat source.
4. Instant cocoa and "cup-of-soup" packages.
5. Powdered bouillon, coffees and teas.
6. Freeze-dried camping meals.
7. Water purification tablets - Halazone or Iodine.
8. Zip-lock freezer bags - water and food containers.
9. Cook pot or coffee can.

SIGNALLING...

1. Signal mirror - high quality.
2. Colored cloth or scarf - 4' * 4', orange or yellow.
3. Hand held flares.
4. Parachute and sky flares - pen guns, rifle flares.
5. Smoke flares.
6. Fluorescent water dyes.
7. Battery powered ELTs and strobe lights.

MEDICAL...

1. Ace-bandage - 3" wide.
2. Compresses - at least two for bleeding.
3. Triangular bandage.
4. Assorted band-aids - about 10.
5. Scissors or single edge razor blades.
6. Aspirin tablets.
7. Disinfectant, alcohol, peroxide or similar germ killer.
8. Insect repellent - a must in Alaska!
9. Personal items include feminine hygiene devices, hemorrhoid cream, vitamins, salt tablets etc.

TOOLS...

1. High quality pocket or Swiss Army knife.
2. Flexible wire saw.
3. Wire cutters or hack saw blade.
4. Needle-nose pliers.
5. Emergency rations can opener.
6. Cable snares or small gauge wire.
7. Monofilament fish line.
8. Fish hooks, treble hooks and snagging hooks.
9. Fishing gill net.
10. Aluminum foil - a heavy gauge.
11. Mouse traps (YES, I'm serious!).
12. Garden trowel or camping shovel.
13. Magnetic compass.