

# **Survival Kit Example**

In some kind of container that you can easily carry on your body (waterproof is best)

## **HOPE (Positive attitude):**

Family Photo (something that gives you hope and the will to go on)

## **AIR / Bodily Functions (First Aid):**

First Aid Kit w/ **Rx Meds**-(at least 3-days worth) Your first aid kit should reflect your level of “first aid” knowledge and training.

## **SHELTER (Thermoregulation - 98.6° body core temp):**

Heat Reflective Poncho / Tarp / Large Bread Rack Bags / Cordage / Knife / Firesteel / Storm Proof Matches / PJ Cotton Balls / Lighter

## **SIGNALING:**

Signal Mirror / Whistle / Flagging Tape / PLB / Headlamp or Flashlight

## **WATER:**

Metal Cup (for boiling water) / Water filter / Bandanas / Stand-Up Water Bag & Chlorine Dioxide Tablets / Transpiration bag

## **NAVIGATION:**

Compass / Topographic map of the area / Basic “Natural Navigation”

## **FOOD:**

Nutrition bars / Chia Seeds / Emergency Fishing and Trapping Gear

## **Misc:**

Swiss Army Knife or Multi Tool / Tyvek Piece (small ground cloth) / Beanie / Buff / Notepad & Pencil / Spare Glasses / Reading Glasses / Hygiene Kit / Small Repair-Sewing Kit / Insulated Sit Pad

## **Knowledge:**

It weighs nothing and is the foundation of your kit. The more you learn and study survival and primitive skills, the better chance you have of making it through a “Wilderness Survival Situation”

**Build your Survival Kit based on the “Priorities of Survival”**  
**This way you will have a comprehensive and personalized kit with items you are familiar with and comfortable using.**

# **Wilderness Survival Basics**

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- Fear and Panic are *Killers!* - Knowing what to do in a survival situation greatly reduces fear and panic.
  - Be Prepared for your trip. Familiarize yourself with, and test out your gear (including survival gear) before venturing on the trail.
  - Always tell someone where you are going and when you plan to return. You still need to be “self reliant”.
  - If you think you are lost.....“STOP”
    - Stop, don’t keep walking - let yourself calm down.
    - Think - Any dangers, visualize your route, possible landmarks.
    - Observe your surroundings - Relate them to your map.
    - Plan - What are your options? What gear do you have, and what natural resources are available to you?
  - Address your priorities (Rule of 3’s) - You can live:
    - 3- Seconds without HOPE (a positive attitude about surviving)
    - 3- Minutes without AIR (life threatening medical / bodily functions)
    - 3- Hours without SHELTER (keeping your body core at 98.6°)
    - 3- Days without WATER (less time in hot environments)
    - 3- Weeks without FOOD (you may be miserable but you won’t die)
  - Additions to the Rule of 3’s:
    - Signaling (this priority should parallel shelter)
    - Navigation (you may need to navigate your way out)
    - Sleep (Sleep deprivation can cause poor judgement / decision making)

## PMA (Positive Mental Attitude)

- Your Mindset can mean the difference between you being a rescue vs. being a recovery. People that do the best on survival shows are the people with the best attitude toward survival.

## First Aid & Safety

- Address “life threatening injuries” before considering other priorities.
- Get to know the signs and symptoms of common medical conditions that you might encounter: Hypothermia / Hyperthermia / Dehydration / Hyponatremia / Heart Attack / Cardiac Arrest / AMS / Shock / High Altitude Cerebral Edema / High Altitude Pulmonary Edema

## Thermoregulation

- It is easier to maintain than raise or lower body core temperature.
- Hypothermia (body core temperature too low):  
Heat Loss: Conduction / Convection / Radiation / Evaporation / Respiration
- Look for shivering and the “Umbles” - Thumb test for Hypothermia.
- Warm up with Fire & Shelter, get out of wet clothing, drink warm fluids if you are able to drink.
- Always carry several methods of “fire making”. Consider fire safety.
- Proper clothing is your first line of defense against Hypothermia.
- Along with proper clothing, carry or make: Something to sleep on, something to sleep under and something to sleep in.
- Hyperthermia (body core temperature too high) - Signs: Dizziness / Nausea / Hot skin (dry or moist) / Headache / Rapid Pulse / Disorientation
- Get into, or create some shade.
- Wet down clothing (cotton is wonderful in this situation)
- Wet a bandanas and put them around your neck, under arms & groin area.
- **Heat Stroke** is a Medical Emergency - Evacuate if possible. While waiting for help, cool the person with any methods possible. The skin may be wet or dry. Altered Mental Status is the best indicator of Heat Stroke!

## Signaling for Rescue

- Types of signaling: **Audio / Visual / Electronic.**
- 3 blasts on a whistle, 3 fires in a row, 3 of anything is the international signal for distress. You do not have to know SOS (...---...)
- Ground to Air: Signal Mirror / Smokey Fire (contrast with environment)
- Ground to Ground: Signal Mirror / Whistle / Flagging Tape / Flashlight or Headlamp.
- Lead SAR to your camp with: Flagging Tape or Rock Cairns
- Try not to move camps - it will usually take SAR longer to find you.

## Water

- Boil, use chemicals or filter your water if possible.
- Make water with a Transpiration Still.
- Collect morning dew or rain water. Melt ice or snow.
- Go high to look for riparian areas. Watch where the animals go.

## Emergency Navigation

- Map and Compass should be part of your kit.
- Shadow stick method of navigation, and methods of “natural navigation”.

## Food

- A very low priority in a survival situation. Portable food such as Cliff type bars or Chia Seeds should be part of your pack.
- Learn “Primitive” hunting & trapping methods.

## Additional things to consider:

- A day hike pack should include survival items, the 10 essentials and whatever items you normally like to carry on a day hike.
- When backpacking, consider a small separate survival kit that can be carried with you when you leave your backpack at camp.
- Your kit should be built by you and not just put together from a list someone has given you, this way you understand the use of each item in your kit.
- You should practice using the items in your kit so you are familiar with how they work.

## The “10 Essentials”

*While not a “Survival Kit” the 10 essentials should be with you on every outing.*

- 1) Navigation (Map & Compass)
- 2) Sun Protection (Sunglasses & Sunscreen)
- 3) Insulation (Extra Clothing)
- 4) Illumination (Headlamp / Flashlight)
- 5) First Aid Supplies
- 6) Fire (Waterproof Matches, Lighter, Candle)
- 7) Repair Kit (Knife, Multi-Tool, Sewing Kit)
- 8) Hydration (Extra Water)
- 9) Nutrition (Extra Food)
- 10) Emergency Shelter (Tube Tent, Tarp, Emergency Blanket, Garbage Bags)

Note: Many of the above items are already in our survival kit.

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Interesting Topics to Study: Wilderness Survival / Primitive Skills / Fire Making / Shelter Building / Knife Skills / Plant Uses / Plant Cordage / Map & Compass / Ethnobotany / Animal Tracking / Useful Knots / Flintknapping.