Survival Kits

- **On a short day hike**, your "survival" items can easily be carried along with your other hiking gear with the 10 essentials (covered later), in a small backpack. Since it's a small day-hike pack, there would be little reason that you would be separated from your pack.

- **On backpacking trips**, having a separate "survival" kit, that may also include some of the 10 essentials would be a good idea for those times when you venture away from your larger backpack. Heading away from camp for a walk, or heading off trail to use the bathroom* would be good examples of when you might not want to carry the larger backpack around.

* One person perished while going off trail to use the bathroom, she became lost, not able to find her way back to the trail. A simple whistle to call for help could have possibly saved this person.

Another example might be a fast-moving wildfire where you may want to drop your main pack and move quickly with only your survival gear.

Putting a small survival kit into a dry bag is ideal for this type of situation where you want a separate survival kit.

Rule of 3's Survival Kit

•3 Seconds Without Hope: (PMA Positive Mental Attitude):
- Family Photo, Scripture Verse, etc

•3 Minutes Without Air: (Bodily Functions / Safety):
- First Aid Kit (deal with life-threatening injuries first) / 3-Days of Rx Medications (72 hrs is standard rescue)

•3 Hours Without Shelter: (Thermoregulation – Shelter & Fire):
- Reflective Poncho / Tarp or Poncho Tarp & Line Kit / Large Trash Bags / High-Density Clear Bags / Emergency Tube Tent / Extra Cordage / Lighter / Matches / Fire Steel (ferro rod) / PJ Cotton Balls / Knife / Saw

• Signaling for Rescue: - PLB / Signal Mirror / Whistle / Flagging Tape / High Visibility Synthetic Shirt

• Sleep: - Your Shelter Items should help provide you with adequate sleep.

•3 Days Without Water:
- Water Containers (at least one metal bottle or cup) / Water Filtration / Disinfection or Purification Device (or Chemical)

• Navigation: - Topo Map / Compass

• 3 Weeks Without Food:
- Trail Snacks / Fishing, Trapping, Snaring Gear

• Misc (Items you may choose to carry)

- Multi Tool or Swiss Army Knife
- Tyvek Piece or other Small Ground Cloth
- Small Insulated Sit Pad
- Notepad & Pen or Pencil
- Bandana / Beanie / Buff
- ***Reading Glasses / Spare Glasses / Spare Contact Lenses***
- ***3 Days of any Rx Medications (highly suggested)***
- Hygiene & Toilet Kit (TP, trowel, hand sanitizer, insect repellent, sunscreen)
- Small Sewing/Repair Kit
- Items not on this list that you enjoy taking along on your adventures

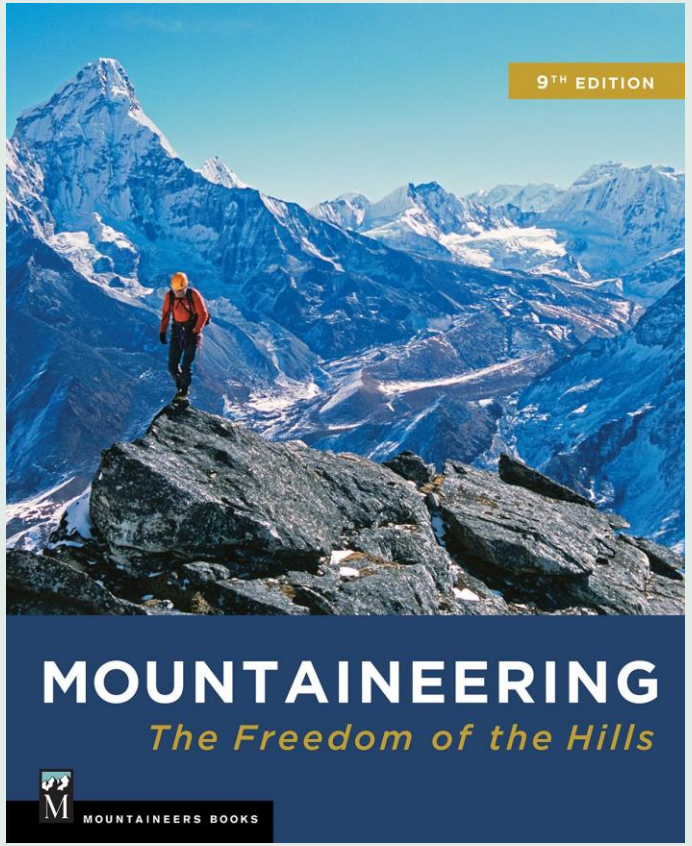
- ***The last "3" in "The Rule of 3's" is:***
- ***3 Months without companionship - I have intentionally left this out as I hope you are rescued prior to this timeframe!***

• The 10 Essentials

Developed in the 1930's by the "Mountaineers", these items should be with you on every outing!

Note - The items in RED are already covered in our survival Kit under the Rule of 3's + 3

Navigation (map, compass, GPS)
Illumination (headlamp & extra batteries)*
Sun Protection (sunglasses, sunscreen)*
First Aid Kit
Knife, Repair Kit
Fire (lighter, matches, tinder)
Shelter
Extra Food
Extra Water (and/or a way to filter water)
Extra Clothing (to survive an unplanned overnight)



*Not Survival "life or death" items.

Hope: Family Photo
Air: First Aid Kit
Shelter: Tarp, Line Kit, 55gal Trash Bag Heat Reflective Poncho, Bread Rack Bags, Extra Cordage, Lighter, Stormproof Matches, Firesteel, PJ Cotton Balls, Knife
Signaling: Signal Mirror, Whistle, Flagging Tape
Sleep: Shelter Items Facilitate Sleep
Water: Metal (single wall) Water Bottle, Chlorine Dioxide Tablets, Water Bags
Navigation: Map, Compass
Food: Meal Bar

From the 10 Essentials: Headlamp. Sunscreen, Sunglasses, Room for Extra Clothing.

Misc.: Sit Pad, Tyvek Ground Sheet, Notepad and Pencil, Repair Kit (duct tape, safety pins)



This entire kit fits into a small 18L backpack with room to spare for extra clothing (layers)



Survival Tin

STAND ALONE SURVIVAL KITS



Survival Pot





Why is a checklist so important?



Why is testing out your gear prior to your trip so important?



Hiking / Backpacking Checklist

Pack:
- ❒ Day Pack 20-30L
- ❒ Backpack 30-60L
- ❒ Any OB gear not in pockets
- ❒ Thermometer, Mini Compass & I.D. Tag (Outside Pack)
- ❒ Mini AAA flashlight (hanging inside pack)
- ❒ Pack Hanging Cordage (12' 3mm reflective)
- ❒ Carabiner
- ❒ Shoulder Strap Water Bottle Holder
- ❒ Pack Rain Cover (optional)
- ❒ Backpack Liner (dry bag or compactor bag)

PMA:
- ❒ Family Photo (in wallet)

First Aid:
- ❒ First Aid Kits (rapid response)
- ❒ First Aid Kits (illness/injury)
- ❒ Blister Kit

Signaling:
- ❒ Zoleo PLB
- ❒ Signal Mirror / Whistle (on a lanyard)
- ❒ Bright Pink Synthetic Shirt
- ❒ Flagging Tape
- ❒ Cyalume Light Sticks

Thermoregulation (Shelter):
- ❒ Heat Reflective Poncho
- ❒ Clear High-Density Bags
- ❒ Emergency Tube Tent
- ❒ Contractor Bag (55gal 3mil)
- ❒ Tarp or Poncho Tarp
- ❒ Line Kit (6-Y stakes, ridgeline, 4-tieouts)
- ❒ Poly Ground Cloth (7'x3.5')
- ❒ Fixed Blade Bushcraft Knife (Sm & Lg)
- ❒ SAK Knife /w Saw Blade
- ❒ Cordage (Extra 40' 550 cord)
- ❒ Sit Pad
- ❒ Tent (trekking pole or free standing)
- ❒ Tent Ground Cloth
- ❒ Sleeping Pad (w/optional pump)
- ❒ Sleeping Bag or Quilt
- ❒ Hammock System w/tarp, under & top quilts
- ❒ Pillow (inflatable)
- ❒ Bivy Bag (if using a tarp)
- ❒ 55gal 3mil Contractor Bags (for day hikes)
- ❒ Ear Plugs (overnight trips)
- ❒ Mouth Guard (overnight trips)
- ❒ Extra Wet Ones (overnight trips)
- ❒ Extra Butt Wipes (overnight trips)

Thermoregulation (Fire Kit):
- ❒ Dry Bag (to hold fire kit)
- ❒ Bic Lighter or Mini Bic (w/Gorilla Tape)
- ❒ Firesteel & Striker (Doan or LMF)
- ❒ PJ Cotton Balls (or other firestarter material)
- ❒ Fresnel Lens
- ❒ Stormproof Matches
- ❒ Jute Twine
- ❒ Fatwood
- ❒ Pocket Bellows
- ❒ Candle

Water:
- ❒ Water Bottle(s) (Smart Water / Nalgene / Single Wall Stainless)
- ❒ Nesting Cup (Ti, or aluminum)❒ Water Filter System (w/optional Pre-Filter)
- ❒ Water Scoop (for collecting water)
- ❒ Stand-Up Water Bags (2)
- ❒ Chlorine Dioxide Tablets (8)

Navigation:
- ❒ Map of the area
- ❒ Compass
- ❒ Notepad, Pen/Pencil & Sharpie
- ❒ Phone App

Food:
- ❒ Trail Snacks (Bars / PB packets / Beef sticks / Sport Beans / Napkins)
- ❒ Electrolyte Replacement Drink
- ❒ Utensils (fork & spoon)

Other Essentials:
- ❒ Apple Air Tag
- ❒ Headlamp (rechargeable, or w/extra batteries)
- ❒ Small Repair Kit: Gaffers Tape/ Safety Pins / Spare O-Ring for water filter
- ❒ Sharpening Stone
- ❒ Sun Glasses (in a hard case)
- ❒ Reading Glasses
- ❒ Bandanna (bright colored)
- ❒ Leather Gloves (on a carabiner)
- ❒ 13L Dry Bag (for water crossings)
- ❒ Gallon Zip Lock Bag (pack out trash)
- ❒ Trekking Poles or Walking Stick

Hiking / Backpacking Checklist

Hygiene / Insect Control:
- ❒ Insect Repellent
- ❒ Sunscreen
- ❒ Lip Balm
- ❒ Systane Eye Drops
- ❒ Pataday Eye Drops
- ❒ Tissue Packet
- ❒ Flossers
- ❒ Soap (camp soap or Dr. Bronners)
- ❒ Pack Towel (small microfiber towel)
- ❒ Mosquito Head Net (Seasonal)
- ❒ Lens Wipes (2)
- ❒ Body Glide

Poop Kit: (stuff sack inside hygiene kit)*
- ❒ Trowel
- ❒ Butt Wipes or Toilet Paper
- ❒ Hand Sanitizer or Nano Silver
- ❒ Wet Ones
- ❒ Gallon Zip Locks (2) (to pack out wipes)

*above in a stuff sack inside the hygiene kit

Hygiene: (Overnights)
- ❒ Extra Flossers
- ❒ Toothbrush
- ❒ Toothpaste
- ❒ Extra Butt Wipes
- ❒ KleenFreek Body Wipes (BZK)
- ❒ Hand/Body Lotion (optional)
- ❒ Expandable Towels
- ❒ Nail Clippers

Cooking / Food:
- ❒ Stove (canister / white gas / alcolol/ esbit / wood burning)
- ❒ Stove Fuel
- ❒ Cup or Pot (Ti, Aluminum or Stainless Steel)
- ❒ Pot Grabber (optional)
- ❒ Frying Pan w/Lid (optional)
- ❒ Hot Lips (optional)
- ❒ Bowl, Plate
- ❒ Drinking Cup
- ❒ Spoon / Fork / Long Spoon
- ❒ Cutting Board
- ❒ Opinel Knife
- ❒ Trail Snacks (nuts, bars, beef sticks, etc..)
- ❒ Electrolytes
- ❒ Napkins
- ❒ Pouch Cozy (for deydrated pouch meals)
- ❒ Lighter (additional to fire kit)
- ❒ Tucker Bag
- ❒ Bear Hanging Kit or Bear Canister
- ❒ Sponge
- ❒ Meals (pre-packaged or to cook)

Electronics:
- ❒ Smart Phone
- ❒ Battery Bank & Charging Cables
- ❒ Ear Bus
- ❒ Charging Block

Repair Kit: (Day hikes)
- ❒ Safety Pins (lg, med, small)
- ❒ Gaffers Tape
- ❒ Spare Sawyer O-Ring

Repair Kit: (long hikes & back-packing)
- ❒ Fabric Patch
- ❒ Gaffers Tape, Gorilla or Duct Tape
- ❒ Gear Aid Tape
- ❒ Sewing Needles
- ❒ Needle Threader
- ❒ Heavy Duty Sail Needle
- ❒ Sewing Thread
- ❒ Artificial Sinew
- ❒ Leather Thimble
- ❒ Safety Pins (lg, med, small)
- ❒ Spare Sawyer O-Ring
- ❒ Spare Stove O-Ring

Ancillary Items to Consider

- 10x10 Tarp





Ancillary Items to Consider

- 10x10 Tarp
- Fanny Pack
- Haversack
- 4’x3’ Tyvek Piece
- Spare Clothing (in a dry bag)
- Neck Cooling Towel
- Water Spray Bottle
- Sun Gloves
- Bear Bells
- Bear Spray
- Bear Canister
- Pepper Spray (self defense)
- Cork Massage Ball
- Journal
- Comb
- Wood or School Glue
- Sun Umbrella
- Cloth Frisbee
- Collection/Foraging Bag
- Fishing Kit
- Guide Books
- Mini Clothes Pins
- Ultralight Backpacking Chair
- Spare Glasses
- Spare Sunglasses (roll-lens)
- Hot Hands
- Kula Cloth (pee rag for women)
- Gaiters
- Aquarium Tubing
- Hard Candies
- Shemagh
- Camp/Water Shoes
- Nail Clippers
- Zip Ties (repairs)
- Duct or Gaffers Tape (repairs)

General Naturalist:
- Binoculars
- Close-Up Binoculars

Botany:
- Loupe
- Fine Razor Knife
- Field Guide
- Plant Information Sheets

Tracking:
- Tracking Ruler
- Flags
- Casting Material

Birding:

……..

Photography:

……

Continuing Education
That may interest you..

- Knots - Most useful outdoor knots
- Knives - Knife safety, knife use, types of knives, sharpening
- Fire Making Methods
- Shelter Building
- Wilderness First Aid
- Cordage from natural materials
- Plant uses for: food, medicine and utility
- Map & Compass / Natural Navigation
- Primitive Skills - Shelter Construction / Friction Fire / Trapping
- Tracking

Cat Family Tracks



Mountain Lion

Dog Family Tracks



Coyote

- Nail Marks
- Draw an "X"
- Lobes
- Symmetry
- How many toes will fit in the pad


Can Your Honor Student
Rub Sticks Together and Make.....Fire



Stand by for First Aid Kits Presentation