

## Personal Survival Kit Recommendations

This list contains example items in the 6 essential categories which form the basis of a useful survival kit anywhere in the world. Add other items to each category to address environments, personal needs and personal preferences.

### **Shelter**

Heavy-duty 2-mil blue plastic bag  
50' 550 line (7 strand mil-spec paracord)  
8' X10' Silicone impregnated tarp

### **Fire**

Metal match or spark producing striker  
Stormproof matches (optional)  
Cotton balls with Vaseline (in waterproof container)

### **Signaling and Lighting**

Signal mirror, glass  
Whistle, plastic (multi-chambered)  
LED headlamp or flashlight with headband  
Strobe light  
Extra batteries

### **Medical**

Duct tape  
Safety pins  
Tweezers  
Small bottle liquid soap  
Band-Aids - PolyMem  
Insect repellent  
Pain reliever  
Antihistamine  
Anti-bacterial ointment  
Anti-diarrhea tablets  
Personal medications

### **Water**

Pump system for filtration and disinfection (Pre-Mac) or Chlorine Dioxide tablets (MP1)  
Small folding water bag (1 or 2 liter)

### **Tools and Miscellaneous**

Sturdy knife (full shank, not folding)  
Folding saw  
Compass  
Sewing needle & thread  
Head net  
Multi-tool



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