

ESSENTIALS:

- Sleeping bag (temperature-dependent requires different R-rating- +20, +10, -0, -20 degrees Fahrenheit, respectfully)
- Tent
- Cot or air mattress
- Pillow (Can be a purchased sports pillow, one from home or rolled clothing)
- Tarp, footprint, or ground cloth
- Med-kit

COOKING GEAR:

- Freeze-dried
- Canned food
- MRE (NOT RECOMMENDED. AT ALL!)
- Cooking stove (and fuel if not rocket stove type)
- Mess kit
- Cooking and eating utensils
- Boiling cup
- Bowl or plate
- Spork & Knife (Ka-Bar spork on primguy.com/shop take care of both)
- Camp Suds or dish soap

SURVIVAL ITEMS:

- 3 Knives: wood-splitting, whittling, defense
- Leatherman multi-tool or equivalent
- Water bottle, hydration pack (camel) or both
- Flashlight and headlamp
- Waterproof matches
- Ferro rod
- USB Lighter

- Lensatic compass and topo chart of your site (if available)
- Rope or ranger strap (50 ft)
- Pencil or pen and JOURNAL
- Sunscreen
- Safety glasses
- Plastic garbage bags (2)
- Signaling mirror
- Whistle
- Small amount of duct tape (15 ft.)
- Emergency blanket (2)-- I carry 3 just because....
- Tinder (can be found on-site unless wet, carry dryer lint and/or vaswicks explained in video)

CLEANUP MODULE:

- Toothbrush and paste
- Small towel
- Wash rag
- Toilet paper in a sealable bag (I take mine that the amount that I'll need and vacuum seal it so it takes up much less space in my pack)
- Any kind of hand sanitizer (useful in handwashing and emergency medical situations)

MISCELLANEOUS:

- Snacks (jerky, trail-mix, sealed food: canned, vac-sealed meats, zip-locked snack as last resort)
- Insect repellent
- Sewing kit
- Tent repair kit (yes, it happens)
- Rubber repair kit

Sports or outdoor watch (fit watches and GPS/Chronometer combos are ideal)

Emergency cash (\$200 max but not necessary)

Extra batteries for survival radio and or comms

Shemaghs, bandanas, hats or head-nets (Strictly precautionary. Mostly for mosquitos, black flies and no-see-ums)

OPTIONAL:

Hiking sticks

Cameras

Extra shoes

GPS receiver or transmitter

Cell phone

Paperbacked reading material

SEASONAL CLOTHING: (NEVER GO CAMPING WITHOUT PANTS AND NEVER WEAR SHORTS. THINK SAFETY – spiders, ticks, fire-ants, etc.)

Boots (Broken in. Not new. Sturdy, ankle-length, good deep tread)

Shirts, socks, pants, skivvies (underwear for the sheltered)

Sweaters (season depending)

Coat (Season depending)

Rain coat, bibs or poncho

Hats (for blocking sun, rain, cobwebs, etc.)