

Survival Kit Essentials Checklist

Water & Purification

- Portable water filter (e.g., LifeStraw)
- Water purification tablets
- Collapsible containers (5-10L)
- Boiling pot or metal container

Food & Cooking

- MREs or freeze-dried meals
- Portable stove with fuel
- Manual can opener
- Mess kit (metal bowl, spork, utensils)

Shelter & Warmth

- Emergency mylar blankets
- Tarp or tent
- Sleeping bag (4-season)
- Firestarter (ferro rod, lighter, matches)

Tools & Protection

- Fixed-blade knife
- Multitool (e.g., Leatherman)
- Duct tape
- Paracord (25-50 ft)

First Aid & Sanitation

- Fully stocked first aid kit
- Antiseptics (alcohol wipes, iodine)
- Gloves, N95 mask, soap
- Toilet paper or wet wipes

Communication & Navigation

- Hand-crank radio
- Backup power bank or solar charger
- Map + compass
- Signal mirror, whistle

Documents & Cash

- Copies of ID, insurance, contacts
- Emergency contacts printed
- Local maps
- Cash (small bills and coins)