

Basic Survival Backpack Essentials

X1 ruck sack – 80 liter or greater
X1 sleeping back - -20 degrees F*
X1 collapsible pup tent – 1 or 2 persons
X1 sleeping mat – iso or foam
X1 pair of gloves
X1 pair wool socks – 50% or greater*
X1 sweater, wool – 50% or greater*
X1 compass
X1 knife w/ sharpener
X1 water container
X1 flashlight w/ spare batteries
X1 first-aid kit*
X1 electrical tape
X1 550 cord
X1 water filtration – filter tube, iodine, etc.
X4 mylar blankets
X1 fire starting kit – waterproof matches, lighter, magnesium starter
X1 poncho
X4 plastic grocery bags
X1 signal device – mirror or VF-17 panel
X1 canteen cup
X3 trash bags
X3 food, 3 days' worth
X1 hygiene kit – toothbrush/paste, bar soap, wash cloth

- First-aid kit to include:
 - X2 tourniquet
 - Band-aids – multiple sizes
 - X2 self-adhesive wraps
 - Gauze
 - X1 medical tape
 - X4 3'x3' cloth wraps
 - Iso-alcohol wipes
 - Iodine wipes
 - Suture kit
 - Blood clot agent (non powder)

* Items are changeable depending on climate and environment

