

15 Critical Survival Items

#1 Clothing*¹

Dress for the worst conditions possible.

#2 Fire*¹

Matches in 2 locations, a Zirconium Striker and a Lighter.

#3 Knife*¹

Carbon Steel Survival Knife.

#4 Whistle*¹

Quality Plastic Whistle.

#5 1st Aid Kit*¹

Personal First Aid Kit.

#6 Compass*¹

Liquid Filled Sighting Compass

#7 Cord*¹

2 15m Sections of Good Quality Cord

#8 Signal Mirror*¹

High Quality Glass Heliograph.

#9 Pot

2L+ with a tight lid and handle/grip.

#10 Bow Saw

Folding Bow Saw or Bow Saw Blade.

#11 Sleeping Bag & Protective Cover

Quality Synthetic Filled Mummy Bag.

#12 Mattress

Self Inflating Mattress or Ensolite Pad

#13 Shelter

Big enough for all occupants.

#14 Pack or Waterproof Container

Big enough and sturdy enough to carry the 15CI's.

#15 Extra Items:

- Survival Candle
- 2 Heavy Duty Orange Garbage Bags
- Sunglasses, Sunhat, Suntan Lotion
- Mosquito Repellent and Bug Face Net
- Water Proof Flashlight (+ Spare Batteries)
- Water Container (1L+), Water Purification Tablets and or a Water Filtration System
- ORS (Oral Rehydration Solution) Snacks (High Energy) & Brew Kit (Tea, Sugar, etc.)
- Emergency rations (1 day's food, at or above your BMR)
- Sharpening Stone or Board
- Sewing Kit (w/ Awl) / Repair Kit (w/ Duct Tape and Tie Wraps)
- Spare Insulative Clothing

Hiking and Trekking Survival Equipment

Considerations: A daypack can carry all or most of the critical items. Always carry the first eight items even on short day trips. A sewing and repair kit could be useful for repairs.

Suggestions: Learn to use a map and compass and follow your progress on the map as you travel.

¹ Always carry these items on your body, tied to a string or in a secure pocket.