

# 15 Critical Survival Items

## #1 Clothing\*<sup>1</sup>

Dress for the worst conditions possible.

## #2 Fire\*<sup>1</sup>

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

## #3 Knife\*<sup>1</sup>

Carbon Steel Survival Knife.

## #4 Whistle\*<sup>1</sup>

Quality Plastic Whistle.

## #5 1st Aid Kit\*<sup>1</sup>

Personal First Aid Kit.

## #6 Compass\*<sup>1</sup>

Liquid Filled Sighting Compass

## #7 Cord\*<sup>1</sup>

2 15m Sections of Good Quality Cord

## #8 Signal Mirror\*<sup>1</sup>

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.

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