

## What goes into a well-designed Survival Kit?

A well-prepared survival kit is invaluable for any emergency. While most survival kits are specifically intended for outdoor survival situations, some are primarily designed for urban situations (Go Bags and Preparedness Kits). Many items in your outdoor survival kit list will overlap with your urban survival kit and vice versa. But there are priorities depending on your most likely scenarios. Consider weight, space and other situational priorities when making your choices. Remember to carry high quality items that you know you can depend on in a real emergency or disaster situation.

## Your Survival Kit List:

Stock one or more items from each category

### Shelter:

If you anticipate sheltering outdoors, pack one or more of these: a tent, bothy bag, waterproof tarpaulin, all-weather blanket or bivi bag. Sleeping bags, foil blankets and ponchos are useful in outdoor as well as urban situations.

- [Bivi Bag](#) - a compact waterproof survival bag
- [Bothy Bag](#) - tent-like temporary shelter
- [Foil Blanket](#) - heat-reflecting and waterproof
- [Tarp](#) - use as a groundsheet, canopy, blanket
- [Sleeping Bag](#) - if you have the space
- [Tent](#) - if space allows

### Tools:

- [Multi-Tool](#) - use for cutting, sawing and repairs
- [Knife](#) - sharp blade for cutting
- [Saw](#) - wood saw will also cut most plastics
- [Crowbar](#) - force open jammed doors and windows
- [Axe](#) - chopping wood
- [Mini Shovel](#) - digging and building



## Food:

Add enough long-life, ready-to-eat food for each person to last a minimum of three days; ideally up to seven to ten days. You can store canned food, long life processed meals or specialist emergency survival rations.

- [MREs](#) - sealed ready to eat meals
- [Survival Rations](#) - long life survival biscuits
- [Energy Tablets](#) - sweets or dextrose tabs
- [Ration Heaters](#) - instantly heat your MRE (Meals Ready to Eat)

## Fire starting:

- [Matches](#) - weather-proof type to light tinder
- [Lighter](#) - a windproof version for outdoors
- [Tinder](#) - to help you start a fire in all conditions
- [Candles](#) - start a fire or use as a light source
- [Flint](#) - and striker for sparks in any weather

## Water:

Have drinking water ready for immediate access, at least 1.5 litres per adult per day. Even when sheltering indoors the water mains could become disrupted. This can be in the form of standard water bottles or long-life emergency water rations.

- [Water Purification Tablets](#) to treat suspect water
- [Purification Straw](#) will purify water from streams
- [Filtration Bottle](#) treat almost any water
- [Water Storage](#) - a bottle, bag, or camp shower
- [Water](#) - carry for immediate use



## Light:

A good torch that uses LEDs instead of a bulb is best for most emergency situations. A head-torch will provide personal light while leaving your hands free to complete your tasks. Don't forget spare batteries or choose wind-up technology.

- [Head Torch](#) - for hands-free activity
- [Hand Torch](#) - lighting and signalling
- [Light Sticks](#) - single use safety glow sticks
- [Backup Torch](#) - a micro torch or pen torch

## Heating & Cooking:

- [Hexi Stove](#) - solid fuel micro stove & tablets
- [Mess Tins](#) - cook and heat water on campfire
- [Aluminium Foil](#) - for the minimalist
- [Can Opener](#) - always useful
- [Spoon](#) - multi-use implement
- [Fuel](#) - depending on your stove choice
- [Solid Fuel Kettle](#) - when space allows

## First Aid:

The type and extent of the first aid kit you pack is dependent on your level of proficiency and training. A universal first aid kit with the addition of burns dressings should suffice for basic purposes.

- [First Aid Kit](#) - treat injuries and ailments
- [SAM Splint](#) - immobilise limbs, improvised tool
- [Burns Dressings](#) - soothes and protects burns
- [Trauma Bandage](#) - to stop severe bleeding
- [Wound Closures](#) - adhesive plasters and Steri-Strips for wounds
- [Pain Relief](#) – “over the counter pain” relief for mild to moderate pain
- [Insect Protection](#) - repellent, covers & relief
- [Sun Protection](#) - sun screen



## Repair:

- [Duct Tape](#) – (gaffa tape); fixes (almost) anything
- [Cable Ties](#) - use to bind and repair
- [Utility Cord](#) - nylon paracord or general purpose
- [Fishing Line](#) - for fishing and repair
- [Brass or Steel Wire](#) - snares and repairs
- [Sewing Needle](#) - and thread

## Power:

- [Batteries](#) - AA or AAA alkaline batteries
- [Lithium Batteries](#) - AA size for extreme cold
- [Emergency Charger/Power Bank](#) - for mobile phones
- [Solar Charger](#) - charge batteries or devices directly

## Signalling & Navigation:

- [Compass](#) - for navigation
- [Map](#) - local area
- [Beacon](#) - flashing waterproof light for signalling
- [Whistle](#) - pea-less design that does not freeze
- [Mirror](#) - specialized signal mirror or camping mirror
- [Orange Blanket](#) - warmth and signalling
- [Satellite Comms Device](#) – GPS tracker

## Comms:

- [Radio](#) - listen to broadcasts during power cuts
- [2 Way Radio](#) - independent communication (walkie talkie)
- [Satellite Phone](#) - voice, message, and location

