

## Survival Kit List: stock one or more items from each category

 shelter	<ul style="list-style-type: none"> <li>• <b>Bivi Bag</b> - a compact waterproof survival bag</li> <li>• <b>Bothy Bag</b> - tent-like temporary shelter</li> <li>• <b>Foil Blanket</b> - heat-reflecting and waterproof</li> <li>• <b>Tarp</b> - use as a ground-sheet, canopy, blanket</li> <li>• <b>Sleeping Bag</b> - if you have the space</li> <li>• <b>Tent</b> - if space allows</li> </ul>
 tools	<ul style="list-style-type: none"> <li>• <b>Multi-Tool</b> - use for cutting, sawing and repairs</li> <li>• <b>Knife</b> - sharp blade for cutting</li> <li>• <b>Saw</b> - wood saw will also cut most plastics</li> <li>• <b>Crowbar</b> - force open jammed doors and windows</li> <li>• <b>Axe</b> - chopping wood</li> <li>• <b>Mini Shovel</b> - digging and building</li> </ul>
 food	<ul style="list-style-type: none"> <li>• <b>MREs</b> - sealed ready to eat meals</li> <li>• <b>Survival Rations</b> - long life survival biscuits</li> <li>• <b>Energy Tablets</b> - sweets or dextrose tabs</li> <li>• <b>Ration Heaters</b> - instantly heat your mre</li> </ul>
 fire starting	<ul style="list-style-type: none"> <li>• <b>Matches</b> - weather-proof type to light tinder</li> <li>• <b>Lighter</b> - a windproof version for outdoors</li> <li>• <b>Tinder</b> - to help you start a fire in all conditions</li> <li>• <b>Candles</b> - start a fire or use as a light source</li> </ul>
 water	<ul style="list-style-type: none"> <li>• <b>Water Purification Tablets</b> to treat suspect water</li> <li>• <b>Purification Straw</b> will purify water from streams</li> <li>• <b>Filtration Bottle</b> treat almost any water</li> <li>• <b>Water Storage</b> - a bottle, bag or camp shower</li> <li>• <b>Water</b> - carry for immediate use</li> </ul>
 light	<ul style="list-style-type: none"> <li>• <b>Head Torch</b> - for hands-free activity</li> <li>• <b>Hand Torch</b> - lighting and signalling</li> <li>• <b>Light Sticks</b> - single use safety glow sticks</li> <li>• <b>Backup Torch</b> - a micro torch or pen torch</li> </ul>
 heating & cooking	<ul style="list-style-type: none"> <li>• <b>Hexi Stove</b> - solid fuel micro stove &amp; tablets</li> <li>• <b>Mess Tins</b> - cook and heat water on campfire</li> <li>• <b>Aluminium Foil</b> - for the minimalist</li> <li>• <b>Can Opener</b> - always useful</li> <li>• <b>Spoon</b> - multi-use implement</li> <li>• <b>Fuel</b> - depending on your stove choice</li> <li>• <b>Solid Fuel Kettle</b> - when space allows</li> </ul>
 First aid	<ul style="list-style-type: none"> <li>• <b>First Aid Kit</b> - treat injuries and ailments</li> <li>• <b>SAM Splint</b> - immobilise limbs, improvised tool</li> <li>• <b>Burns Dressings</b> - soothes and protects burns</li> <li>• <b>Suction Pump</b> - removes venom from stings</li> <li>• <b>Haemostatic Powder</b> - to stop dangerous bleeding</li> <li>• <b>Wound Closures</b> - adhesive plasters for wounds</li> <li>• <b>Insect Protection</b> - repellent, covers &amp; relief</li> <li>• <b>Sun Protection</b> - sun screen</li> </ul>
 repair	<ul style="list-style-type: none"> <li>• <b>Duct Tape</b> - or gaffa; fixes (almost) anything</li> <li>• <b>Cable Ties</b> - use to bind and repair</li> <li>• <b>Utility Cord</b> - nylon paracord or general purpose</li> <li>• <b>Fishing Line</b> - for fishing and repair</li> <li>• <b>Brass or Steel Wire</b> - snares and repairs</li> <li>• <b>Sewing Needle</b> - and thread</li> </ul>
 power	<ul style="list-style-type: none"> <li>• <b>Batteries</b> - AA or AAA alkaline batteries</li> <li>• <b>Lithium Batteries</b> - AA size for extreme cold</li> <li>• <b>Emergency Charger</b> - for mobile phones</li> <li>• <b>Solar Charger</b> - charge batteries or devices directly</li> </ul>
 signalling navigation	<ul style="list-style-type: none"> <li>• <b>Compass</b> - for navigation</li> <li>• <b>Beacon</b> - flashing waterproof light for signalling</li> <li>• <b>Whistle</b> - pea-less design that doesn't freeze</li> <li>• <b>Mirror</b> - specialized signal mirror or camping mirror</li> <li>• <b>Orange Blanket</b> - warmth and signalling</li> <li>• <b>Satellite Comms Device</b> - tracker or sat phone</li> </ul>
 comms	<ul style="list-style-type: none"> <li>• <b>Radio</b> - listen to broadcasts during power cuts</li> <li>• <b>Walkie-Talkie</b> - independent communication</li> <li>• <b>Satellite Phone</b> - voice, message and location</li> </ul>