



Emergency Survival Kits

The very fact that you are putting together a survival kit to carry into the backcountry will improve your chances by providing you with a few items that will make your life easier. Perhaps even more important is that you are thinking about dealing with possible emergencies long before they can develop.

Every survival kit begins with the Outdoor Essentials. Get into the habit of having them with you on every trip into the backcountry.

- Pocketknife
- First-aid kit
- Extra clothing
- Rain gear
- Water bottle
- Flashlight
- Trail food
- Matches and fire starters
- Sun protection
- Map and compass



Adding some or all of the following items to your emergency kit can come in handy during survival situations.

Duct Tape. Wrap a length of it around a plastic water bottle and you will always have some handy.

Whistle. A whistle can be heard for longer distances than shouting can and requires less energy.

Signal Mirror. A metal signal mirror can be slipped into your first-aid kit or a side pocket of your pack. Keep it in its case or slip it inside a spare sock to protect it from becoming scratched and dull.

Thin Wire. A few feet of thin wire can come in handy for repairing camping gear.

Garbage Bag. A heavy-duty 30- to 39-gallon plastic bag, preferably in a bright color, can be used for emergency rain gear, to protect tinder and kindling from the rain, and to shield your sleeping bag and other equipment.

Fishing Line and Hooks. Fifty feet of nylon fishing line can have many uses for making repairs. Add a few hooks and you will have the gear you need to try fishing in lakes and streams.

