

# **ESSENTIAL MODERN SURVIVAL KIT**



## **WATER**

Potable water in suitable containers for immediate drink-ability, and a water filter for purifying after you run out of bottled water.



## **FOOD**

High calorie foods such as high calorie energy bars or MRE (meals-ready-to-eat) are vital to maintain sufficient energy to keep going.



## **EXTRA CLOTHING**

Even if it's warm outside, if you get in trouble without extra clothes, hypothermia becomes a risk. Bring a stocking hat and rain jacket; and avoid cotton which is worthless when wet.



## **BODY WARMERS**

Body warmers. Bring reflective "aluminized" space blanket or survival blanket to retain body heat, catalytic heater and bottled gas fuel.



## **SHELTER**

Small tent, tarp with grommets, large plastic trash bag as poncho or expedient shelter roof.



## **SUNGLASSES**

Good vision is essential. There are some great sunglasses out there that will enhance your vision, provide polarization for water or snow, and will prevent eye fatigue.



## **SANITATION**

Toilet paper, hygiene products, soap, hand-towel and any other body care products you may need.



## **FIRST AID KIT**

First aid kit. Keep at least the basics: band aids, sterile gauze, disinfectant, first aid manual, medical tape, medical scissors, disposable gloves, tweezers, cotton swabs and a thermometer.



## **EXTRA CASH**

Extra cash will enable you to purchase the supplies you did not include and other necessary items. Although it may not be needed or deemed useless in the event of a major disaster, it is always good to keep some emergency cash on hand. A good amount to save is \$50 for a disaster survival kit.



## **MEDICATIONS**

Medications. There should be at least a seven-day supply of any prescription and non-prescription medications used by family members in your disaster survival kit.



## **MATCHES**

'Strike Anywhere' matches, not the type that you must strike on the box. Store the matches in a water-tight case. Keeping a lighter and a fire starter in addition to matches are a good idea.



## **POCKET KNIFE**

A multi-purpose tool with a knife is ideal.



## **MAP**

Simply having a good map of the region you're in could get you out of trouble. Know how to read and navigate with maps.



## **COMPASS**

A compass is ideal for establishing bearings while used in conjunction with a map. A GPS isn't so good for that.



## **FLASHLIGHT**

And extra batteries: A LED flashlight, preferably a head-mounted style, is the best choice. Even though LED flashlight batteries last a considerable time, keep extras.



## **PERSONAL DOCS**

Important personal documents like proof of address, insurance policies, birth certificates and passports should be stored together in an area with easy access in case of a natural disaster.



## **WEATHER RADIO**

A small weather radio will keep you informed of the conditions outside and where to seek shelter or emergency personnel during and after a natural disaster.



## **CELL PHONE**

And chargers. The towers may be down following a natural disaster, but emergency personnel will get them repaired fast for communication. Keep a cell phone with a wall and car charger handy.

## **SOURCES:**

<http://modernsurvivalblog.com/survival-kit/>

<http://www.idahomegarden.com/home-improvement/disaster-survival-kit>

[http://en.wikipedia.org/wiki/Survival\\_kit](http://en.wikipedia.org/wiki/Survival_kit)