

## 96 Hour Kit (Or Longer) Suggested Items

\*These are suggestions and you should only include those items that fit your needs and conditions.

### Cooking Equipment

- P-38 can opener
- Windscreen
- Condiments
- Water proof matches
- Pack stove (all kinds to choose from)
- Eating utensils
- Cook set
- Fuel source (all kinds to choose from)

### Light and Fire Making

- Flashlight
- Spare bulb and batteries
- Candles
- Glow stick
- Flint and Steel
- Lighter
- Trioxane, Insta-fire, Wetfire, or Esbit
- Magnesium bar
- Dryer lint

### Navigation

- Map case
- Maps of local and surrounding area
- Compass
- GPS

### Personal Hygiene & Sanitation

- Comb or Brush
- Toilet trowel
- Biodegradable toilet paper
- Deodorant

- Biodegradable soap (washing dishes and body)
- Toothbrush and toothpaste
- Feminine hygiene products
- Towel
- Alcohol wipes (Wet Ones)
- Hand sanitizer

### Fishing Equipment

- Pack Rod
- Ultra light reel
- 20 lb. fishing line
- Various hook sizes
- Sinkers and split shot
- Spinners
- Small plugs, poppers, and bugs
- Spoons
- A small container to put it all in
- Ultra light fly reel
- Fly Line
- Various lb test of fly line leaders
- Various fly assortment

### Repair Kit

- Multi-tool (Leatherman or Gerber)
- Portable hand saw
- Duct tape (Gorilla tape)
- Tent or shelter repair kit
- Sewing kit for cloths
- Twist Ties
- 10 small nails

### Personal Items

- Sun block

- Mosquito repellent (100% deet)
- Lightweight sharpening stone
- Pocket knife
- Survival knife
- Pen or Pencil
- Notepad
- Watch
- Your wallet (women should have a small wallet too)
- Copy of important papers (usually on a flash drive)
- Extra House and Car Keys
- Large bandana
- Small binoculars
- Twist ties
- Plastic garbage bags
- Ziploc bags (various sizes)
- Carabineers
- Hand warmers

## Food Supplies

- Daily food ration (MRE's, Freeze dried meals, or your own made meals)
- Energy bars (Datrex high calorie bars)
- Granola bars
- Hard candy
- Trail mix

## Shelter

- Tent
- Tube tent
- Ground cloth
- Light weight tarp
- Paracord (100 ft)
- Jungle hammock or normal one
- Pillow (could use air pillow)
- Sleeping Bag (ultra light weight)
- Closed cell foam pad
- Wool Blanket
- Fleece Blanket
- Space Blanket

## Water

- Water purification tablets
- Iodine tablets
- Water purifier and filters
- 1 quart canteen
- 5 quart canteen
- 2 quart canteen
- Platypus

## Cash

- \$100 in small bills
- \$2.00 in quarters
- Debit or credit card
- Travelers checks

## Clothing

- Socks
- Short sleeve shirt
- Long sleeve shirt
- Hiking shorts
- Hiking pants
- Winter gloves
- Wool glove liner
- Belt
- Polypropylene (long johns)
- Wool Scarf
- Balaclava
- Hat (I like the boonie hat)
- Poncho
- Leather gloves
- Jacket
- Winter coat
- Beanie
- Winter Pants

## Communication

- Two way radios (CB, FRS, or GMRS)
- Solar/battery charger
- Battery/solar powered radio
- Cell phone

## Signal Equipment

- Signal flares
- Signal mirror

- Signal smoke
- Strobe light ( some are on flashlights)
- Whistle (I like pealess brands such as Fox 40)

## Medication & Supplements

- Diabetic supplies
- Vitamins (One A Day)
- Doctor prescriptions (eyeglasses, medication, or special equipment you use)
- Anti-itch medicine
- Anti-diarrhea medicine
- Antacid (Tums or Zantac)

## First Aid

- Small Surgical kit
- Forceps
- Tweezers
- Band-aids
- Medical tape
- Antibiotic ointment
- Antiseptics
- Scissors
- Burn care
- Eye care
- Stretch bandages
- Gauze
- Cold packs
- CPR mask
- Blood clot
- Disposable scalpel
- Thermometer
- Non-aspirin tablets
- Aspirin tablets
- First aid book
- Sutures

## Safety

- Pepper Spray
- Handgun
- Baton
- Stun gun
- Defensive knife
- Monkey fist key chain

## Hunting Equipment

- Snare wire ( preferably 26 gauge)
- .22 long range rifle
- .22 hand gun
- Slingshot
- Pellet gun
- Blowgun

## Infant and Young Children

- Baby formula
- Diapers
- Baby food
- Toy(s)
- Bottle
- Nipples
- Bottle bags
- Ointments (for diaper rash)
- Binky
- Wipes
- Pedialite

## Pet Supplies

- Food
- Treat (this isn't necessary)
- Toy (this isn't necessary)
- Leash to contain your pet
- Small first aid pouch