

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