

Essential Survival Backpack Supplies

Safety and family

- Small notebook with your name, emergency info, and phone numbers in a Ziplock bag with a pencil (pencils can still be read when wet and can be sharpened – ink is not as reliable)
- Two of sticks sidewalk chalk in a Ziplock bag
- Emergency reference material such as a first aid book or information from www.ready.gov
- Small Bible or New Testament – check out Dollar Tree (critical for my pack – faith is often a sustainer of sanity, if not of life)
- A little cash and some change
- Battery-powered radio with extra batteries
- Small and simple First Aid kit - at least three days supply of medications, inhalers
- Feminine supplies or diapers as mentioned above (for first aid bandages or ...)
- Ceramic water filter (see specs in article and read the directions as they do require care.)
- Iodine tablets if no water filter (filter is cheaper in the long run and doesn't run out)
- Drinking bottle to store filtered water. Fill with water warmed on your stove and it doubles as a hand warmer/hot water bottle.

Water and Shelter

- Hooded, light weight poncho for rain
- Plastic – light visqueen 9X12 feet (thick plastic is too heavy and condense to add to a pack)
- Tent (optional but recommended) - could be bungee corded to outside of back pack.
- Sleeping bag, space blankets, and/or fleece blanket. Consider additional light bedding if you live in a cold-weather climate. Space can not only warm you but shelter you, but still pack that plastic listed above. This could be bungee corded to outside of back pack.
- Complete change of clothing including a long-sleeved shirt, long pants and an extra pair of sturdy shoes. Long clothing protects from sunburn, as well, which is also critical to staying mobile. If you live in a cold-weather climate add a hat, gloves, and a boil pouch hand warmer.
- Pajamas, sweats, or something in which to sleep. *Do not sleep in daytime clothes.* The sweat you can't even feel is enough to chill you.
- At least three pairs of underwear: one to wear, one to wash, and an extra. This is to keep you at your best performance and not an aesthetic issue, so don't try to be macho.
- Two changes of socks besides the ones you are wearing – essential
- Small sewing kit (needle with at least 24 inches of thread)
- Small pack of moist towelettes (baby wipes) for sanitation
- Sample size container of hand sanitizer.
- Cheap \$1 air mattress - either to float, to cushion while sleeping, or to keep bedding dry
- Toothbrush (toothbrush essential, paste is nice but optional)
- Comb
- Soap: several small guest soaps work well.
- Cheap blow-up pillow (critical for me)
- Hand towel
- Washcloth or two – use for a rag, napkin, or miscellaneous use
- Wind breaker / coat if you have room (you already have a long sleeve shirt and rain poncho for mild weather)