

## 1. Water

- Nalgene Water Bottle
- Water Filter
- Extra Nalgene Canteen (32 ounce)

## 2. Food

- Mainstay Emergency Rations OR
- Mountain House Freeze Dried Food
- Snacks

## 3. Clothing & Shelter

- Long Pants
- Long Sleeve Shirt
- Change of Underwear
- Spare pair of socks
- Hat or Beanie
- Rain Gear
- Gloves - Work and Leather
- Tarp or Tent
- Sleeping Bag or Bivvy

## 4. Fire and Light

- Disposable Lighters in waterproof bag
- Swedish FireSteel
- Headlamp - Spare Batteries

## 5. Self Defense

- According to scenario - Pistol and Rifle
- Bear Spray
- Tazer
- Extra Ammo for Firearms

## 6. Communications

- HAM Radio - Baofeng UV-5RA
- Antenna
- Spare Battery
- Whip Antenna

## 7. Tools

- Multi-Tool - Leatherman
- Pocket Folder Knife
- Large Knife - Gerber LMF II
- JetBoil Flash
- 50' Paracord
- First Aid Kit
- Trauma Dressings - Or Tampons/Maxi
- Pad
- Quick Clot

## 8. Hygiene

- Soap
- Toothbrush/Toothpaste
- Chapstick
- Floss
- Hand Sanitizer

## 9. Miscellaneous

- Duct Tape
- Bandanna
- Spare Batteries
- ID
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