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Individual Survival Kit Recommended Contents

All items have been fielded tested in harsh environments by multiple users. These items are recommended by the **International Canadian School of Survival** to maximize effectiveness in a compact package at a low cost. All equipment can be found at most outdoor or hardware stores.

These items should be carried on your person *at all times*:

- Signal mirror with sight grid
- Whistle – pealess, bright colour, Fox 40®
- Blast Match®, orange
- Lighter, Bic®, bright colour
- Folding Knife or Multi-tool, with *locking* blade
- Orienteering Compass, Silva® Ranger or Suunto® MC-2
- Basic First Aid Kit – *prepare for the common and the critical* (eg. Band-Aids & pressure dressings)

Survival Items “in a Can”

- Small pot or can, 1 – 2L (32-64oz), a recycled coffee can works
- Water purification tablets
- Duct Tape, min. 2m (6'), can wrap pencil with it
- Orange garbage bag, large, heavy duty
- Small Ziploc®-style freezer bags, heavy duty x2
- Aluminium (“Tin”) foil, ~2m (6')
- Snare Wire, 20ga, min. 6m (20ft)
- Matches, *strike anywhere* in orange, waterproof case with cotton balls soaked in Vaseline®
- Emergency / Survival / Space / Mylar Blanket (commonly 213x132cm / 84”x52”)
- Button/wrist compass, Suunto®
- Pencil and small notepad
- Flagging tape, orange, min. 2m (6')
- 550 Para-cord (7 strands inside outer sheath), min. 3.5m (12')
- Sewing/Fishing: a couple needles, floss, leaders, small sinkers, hooks, fishing line (min. 15m, 50')
- Candle(s)

Extremely Beneficial Additions:

- Warm & protective clothing – *preferably natural fibre* (eg. Wool) and leather gloves
- Full-tang, Fixed Blade Belt / Sheath Knife, 10-13cm (4-5”)
- Bacho® Laplander folding saw, orange, *best on the market*
- Standard Tarp, 12’x16’, blue or orange
- Additional water container (recommended: MSR® 2L Dromedary water bag)
- LED headlamp, AA Batteries, with strobe mode
- Emergency Food (min. 1200 cal.): trail mix, lard (food and fuel), shortbread, etc.
- Add a pre-made trot/set line to your fishing kit
- Simple GPS receiver, AA Batteries, with *buttons* (no touchscreen)
- *Land navigation skills*, and *Knowledge with experience* – see us for more advanced training!

All the above items are good for above and below the tree line.

Carry a few extra candles and/or bricks of lard if you travel mostly above the tree line in the winter.