



Camping - Survival Kit for Tramping

Survival kits are a personal item. They help give you an edge in a survival situation. The list below is a suggestion of items you may consider for your kit. Items will change as you find new gadgets and develop new skills. Think small, light weight and multi-purpose when considering items for your kit.

Lighter	<i>-optional, matches are more compact</i>
Matches	<i>-place in small zip lock bag with two strikers</i>
Candles	<i>-for light and fire lighting</i>
Rubber inner tube tyre	<i>-2*5cm sections of bike inner tube is great for starting fires</i>
Solid fuel primer	<i>-firelighters, helps start fires</i>
Flint and Striker	<i>-to start fires, doesn't matter if it gets wet</i>
Light stick	<i>-for light, great comfort item</i>
Survival blanket	<i>-to stay warm</i>
Cord - 2m	<i>-for building shelters, tying items together</i>
Needles and cotton	<i>-repair clothes, equipment</i>
Bandage	<i>-for sprains, padding, joining things together</i>
Safety pins	<i>-for bandages, making snares, holding items together</i>
Plasters	<i>-for cuts, to stick things together</i>
Plastic bags	<i>-to carry / collect water</i>
Pad & pencil	<i>-to leave messages</i>
Whistle	<i>-to attract attention</i>
Reflective tape	<i>-stick to the inside of your container & use for signaling</i>
Small compass	<i>-navigation</i>
Small Knife	<i>-for food preparation, making shelters, repairs</i>
Water purifying tablets	<i>-for clean water</i>
Tin foil	<i>-to use for cooking</i>
Condom (non spermicidal)	<i>-can be placed inside a sock and used to carry water</i>
Metal key ring loops	<i>-for making snares</i>
Fishhooks & line	<i>-to catch fish, make snares</i>
Salt & Pepper	<i>-seasoning for food</i>

You should keep the above items in waterproof container. The container should be small enough that it can fit into your shirt breast pocket. This way it is kept with you at all times (very important if you lose your pack!!!)

Some helpful hints if you find yourself in a survival situation

If you find yourself lost, STOP, make sure you are not in any immediate danger and assess the situation before deciding if you should move on or stay put.

DRINK PLENTY OF WATER AND RATION YOUR FOOD. While it is not desirable to go without food, you can survive for days without it, so long as you stay warm, rest and drink plenty of water.

Using a whistle uses far less energy than shouting and can be heard further. Sound 3 blasts (in 30 seconds); this is a recognised distress signal. A reply to this is usually two blasts.