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### \*PART I: KIT-BUILDING 101\*

Constructing a survival bag can become an overwhelming task, but it does not have to. Take stock of what you already have. Prioritize additions. Find compact, durable, lightweight necessities with diverse, repeatable uses. Find what works best for you. Plan redundancy for core functions (e.g. fire, water purification, signaling). Test & modify contents. Simple enough?

Every item has benefits and burdens (no magic carpets, sadly), so learn to strike a balance and plan where to make sacrifices with your gear. Do you need more than 1 full set of spare clothes in your pack? How long can you go with little food? Ounces make pounds, and pounds make pain. How do you balance mobility on the one hand, and functionality on the other? Practice.

Individual preference will differ: some will want to rough it using an ultralight pack with a shelter of just a hammock or tube tent covered by a rain poncho—grudgingly deploying a space blanket exoskeleton if needed—while others will want the full suite of a camping pack with a groundsheet, tent, sleeping pad, sleeping bag, liner, and rain fly. Take care to pare down the weight of the heaviest items where possible: the pack, shelter method, sleeping system, and food.

A decent pack layers gear sensibly in compartments or modules, e.g. one for pocket survival kit, first aid kit, medical kit, cookware, fire kit, shelter, clothing pack in vacuum-sealed zip-lock bags (just suck the air out with a straw), etc. Pre-made kits exist for most of those, but focus on meeting required actions rather than adding shiny objects. And remember: relevant skills reduce gear-dependency.

The next sections will help you tailor your survival bag to your specific needs.

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**\*PART II: EXPECTATIONS CHECKLIST\***

**Situation:**  Everyday  TSHTF<sup>2</sup>  TEOTWAWKI<sup>3</sup>

**Duration:**  Short-term  Long-term

**Lifespan:**  12 hr  24 hr  48 hr  72 hr  72 hr+

**Setting(s):**  Urban  Rural  Wild

**Population density:**  Too low  Just right  Too high

**Season(s):**  Hot  Warm  Cold  Wet  Windy

**Terrain** (describe features, obstacles, hazards, slope, footing): \_\_\_\_\_

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**\*PART III: INTENTIONS CHECKLIST\***

**Personal Goal:**  Survival  Networking  Mobilization

**Pack Goal:**  Everyday Carry  Get Home  Bug Out  Bug In  Cache  INCH<sup>4</sup>

**Style:**  Primitive  Pioneer  Modern: Bargain  Modern: Premium  Scavenged

**Capabilities:**  Minimalist  Moderate  Comprehensive

**Time Investment:**  Low  Med  High

**Financial Investment:**  Low  Med  High

**\*PART IV: PREPARATIONS CHECKLIST\***

**Pack Style:**  Solitary  Modular

**Total Weight:** \_\_\_\_\_

**Total Volume:** \_\_\_\_\_<sup>3</sup>

**Dimensions:** \_\_\_\_\_ x \_\_\_\_\_ x \_\_\_\_\_

**Loaded Sprint:** \_\_\_\_\_ seconds

**\*PART V: POCKET SURVIVAL KIT EXAMPLE\***

All of the following fits into a hand-sized used altoids tin: quarters (4); \$10 bill (1); fishing hooks, unadorned (2); fishing weights, steel (2); fishing hooks, with lures, weights (2); fresnel lens (1); signal mirror (1); p-51 can opener (1); x-acto knife blade (1); whistle (1); alcohol cleansing pads (1); bandaids (3); straw, mini (1); needle (1); awl (1); fishing line; artificial sinew; lighter (1); safety pin, large (1); safety pin, small (1); compass, 20mm (1); firesteel (1); birthday candle (1); match (1); lint.

I've folded the straw, placed the awl in one side and the needle in the other, wrapped fishing line around one side, and artificial sinew around the other to save space inside the kit.

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<sup>2</sup> "The Shit Hits The Fan"; short-term emergency

<sup>3</sup> "The End Of The World As We Know It"; long-term emergency

<sup>4</sup> "I'm Never Coming Home"

On the outside of the tin, on the top, I've rubber banded a pair of food-grade plastic produce bags (rolled flat and pressed for air) along with several lengths of gorilla tape rolled around a used gift card. On the outside bottom I have a space blanket. This all easily fits into a pocket, weighs very little, and covers most of the essentials.

## PART VI: 72 HOUR+ GENERIC GEAR SUGGESTIONS

**Note:** I do not suggest you put every single item into your bag. Pick which make sense.

### **Clothing**

- head cover: boonie hat, beanie, balaclava
- rain/snow gear: jacket, poncho
- base layer: short sleeve shirt, long sleeve shirt
- legwear: cargo pants, convertible pants, shorts
- footwear: wool socks, running shoes, moccasins
- accessories: gloves, bandana, scarf, belt

### **Communications & Signaling**

- signaling: whistle, signal mirror, candle, flashlight
- phone: cell phone
- radio: 2-way radio / walkie-talkie

### **Containers**

- bags: ultralight backpack, tactical backpack, trash bags, produce storage bags, zip-lock bags, food grade plastic bags, 9mm film canister

### **Defense**

- melee: knife, hatchet
- ranged: slingshot, AR-7 (takedown .22 rifle), M6 Scout (folding .22 rifle/shotgun)

### **Fasteners & Repair**

- cordage: 550 paracord, bankline, dental floss, artificial sinew, bungee cords
- tape: gorilla/duct tape wrapped on flat card
- glue: superglue
- pins: safety pins
- needle: needle, awl
- thread: thread, artificial sinew, dental floss, paracord inner cord, fishing line

### **Fire**

- igniter: firesteel, lighter, matches, bow drill kit
- tinder: lint, charcloth

### **First Aid & Medicine**

- oral re-hydration mix
- emergency hand warmer, emergency cold pack
- wound care: bandages, moleskin, butterfly sutures, hydrogen peroxide, alcohol swabs, medical tape, gauze roll, cotton balls, wound disinfecting ointment

- rashes/bites: glucocorticoid, itch cream
- sprain/bruise/abscess: magnesium sulfate
- medicine: topical decongestant; mentholated cough drops; anti-inflammatory, antipyretic analgesic; antipyretic analgesic; expectorant
- poison care: charcoal
- anti-diarrheal: antidiarrheal antacid, antidiarrheal anti-laxative
- antihistamines
- antibiotics: garlic tincture, amoxicillin
- surgical: topical local anesthetic, x-acto knife blade, fresnel magnifying lens, cayenne for bleeding, dressing pads
- misc: burn cream, lip balm, oral care fluid / powder, tweezers, needle, soap tabs

### **Food:**

- stove: lint-wax stove, buddy burner, mini alcohol stove
- cookware: 775ml metal pot w/ lid, metal can cookpot
- utensils: metal spork, metal knife
- food: 3 days (minimum): e.g. dehydrated meals, instant mashed potatoes, instant beans & rice, instant pancake mix, olive oil, energy bars, peanut butter, crackers, top ramen, GORP, pemmican, fish in pouches, salami, ghee
- fishing: hooks, safety pins, fishing line, lures, weights, cork
- trapping: rat traps, snare wire
- hunting: slingshot, .22 rifle, shotgun
- misc: multivitamins, caffeine pills, seed packets

### **Information**

- notepad w/ pen
- survival skills: SAS Survival Guide, Edible Wild Food playing cards
- misc. papers: bagged contact info notebook, picture ID, family face pictures, social security card, birth certificate, marriage certificate, health insurance record, medical records or special needs papers, current prescriptions, insurance records, property deeds, tax records, wills

### **Light**

- candle: birthday candles, tea light candles
- flashlight: Micro-LED squeeze flashlight, crank flashlight

### **Navigation**

- map: topographical map
- compass: marching compass, 20mm button compass
- optics: binoculars, monocular

### **Sanitation**

- sponge, half-toothbrush, handkerchief, baking soda (toothpaste), handkerchief, plastic trowel

### **Shelter**

- cover & groundsheet: 2 mil 9'x12' plastic drop cloth, silnylon tarp, rain poncho
- bedding: 3/4 sleeping pad, lightweight sleeping bag
- blanket: fleece liner, (sportsman's) space blanket, wool blanket, quilt
- shelter: ultralight hammock, tube tent, bivy bag, tent

### Tools

- hatchet, Swiss Army knife / multi-tool, climbing carabiner, crafts knife, pocket chainsaw, measuring ribbon, P-51 mini can opener, bobby pin, honing steel / sharpener, n95 respirator mask, solar dynamo radio phone charger flashlight, earplugs, ammunition

### Water

- vessels: water bottle, CamelBak, canteen, condom, plastic bags, tin foil
- debris filter: coffee filter, handkerchief
- purification: cookpot, iodine tablets, emergency filter straw, portable microfilter
- re-hydration: salt, sugar
- water: 3-4 liters (minimum)

### \*PART VII: FIRST AID & MEDICINE ELABORATED\*

Western medicines of note to the prepper:

- antibiotic: amoxicillin (e.g. Augmentin) for bacterial infections
  - expectorant: guaifenesin (e.g. Mucinex) for respiratory tract infection, cough, asthma, gout, fibromyalgia
  - oral rehydration mix (proper ratio of sodium, glucose, potassium, chloride, citrate, zinc)
  - antidiarrheal antacid: bismuth subsalicylate (e.g. Pepto-Bismol) for diarrhea, heartburn, nausea
  - antidiarrheal anti-laxative: loperamide (e.g. Imodium) for gastroenteritis or inflammatory bowel disease
  - wound disinfection: triple antibiotic ointment (e.g. Neosporin) for infection
  - antihistamine: diphenhydramine (e.g. Benadryl) for seasonal allergies, nausea, insomnia, sedation
  - topical local anesthetic (e.g. Lidocaine 1%) for itching, burning, skin inflammation, dental anesthetic, local anesthetic for minor surgery
  - anti-inflammatory, analgesic antipyretic: ibuprofen (e.g. Advil or Motrin) for swelling, arthritis, fever, pain
  - antipyretic analgesic: paracetamol (e.g. Tylenol) for pain, fever, allergies, cold, cough, flu
  - anti-inflammatory: acetylsalicylic acid (e.g. Aspirin) for pain, fever, heart attack
  - oral care: hydrogen peroxide, baking soda\*, clove oil, benzocaine (e.g. Orajel) for infection or pain
- \*also antifungal for athlete's foot, ringworm, candidiasis (thrush), serious systemic infections such as cryptococcal meningitis

- glucocorticoid: hydrocortisone for rashes, bites, eczema, dermatitis, allergies
- magnesium sulfate (e.g. Epsom salt) for sprains, bruises, abscesses
- topical decongestant (e.g. Vicks Vaporub) for congestion & cough
- mentholated cough drops (e.g. Halls) for cough or sore throat
- lip balm (e.g. Carmex) for chapped lips, cold sores

### \*Supplemental: Why Prepare?\*

Natural and not-so-natural disasters can happen any place and at any time. Additionally, we have recently entered an era of global instability and austerity. Creating a survival bag, as a part of a larger process of prepping, allows us to manage risk like responsible adults rather than rely on those in power to save us.

But I will not simply repeat the standard survivalist thesis. Our crisis runs deeper.

Complex societies have routinely disintegrated throughout history; the greater the complexity, the greater the ruin. Every urban society before this one has either collapsed or metabolized into the current global one. Critical supply chains and infrastructures can easily fail. And the authorities often worry more about saving face, or saving themselves, than saving YOU. A survival bag helps you make the first step away from feebleness and toward self-empowerment.

But will prepping for inevitable catastrophes suffice?

As old growth forests, wetlands, prairies, rivers, seas, and coral reefs become toxic landfills and dead zones, as breadbaskets become dustbowls, as pollinators and phytoplankton die off, as diadromous fish disappear from the oceans, as fish, birds, amphibians and mammals die off en masse, as life becomes pavement, as climate stability implodes, the GDP goes up. The dominant culture calls its graveyards its treasuries.

As the fiat currency, fractional reserve banking, and usury-and-debt economics of the modern age evaporate into empty promises, as fossil fuels, radioactive fuels, precious metals, conductive metals, and rare earth minerals grow scarce, all hopes of a bigger, faster, shinier future can remain only through ignorance or denial. When you see eating your seed corn as planting, your upkeep becomes your downfall.

We need to admit the truth about this system: by any measure, this shit has got to go. And we have no one else but us to make it so. Every day we wait, the shadow of mass extinction grows to swallow us.

Will you scatter the seeds of change?