

# My Survival Gear by Tom Tindell

I have had several people ask me what I have in my survival gear bag, and where they can get some of the items. So I am making this list of what I carry with me, and where they can be bought. It is a bit more than a “shoebox,” but then I have my bag wherever I go, be it on a hike, a campout, or in my car. I have enough in it to treat several people, as I feel it is my responsibility to be prepared in case I need it for a scout, an adult leader, a car accident, anyone in my family, or anyone I happen upon that needs assistance.

I have a daypack with 2 front pockets, 2 side pockets, and the main compartment. I use small ditty bags (3 for \$2.96 at Wal-Mart) to organize everything. I will break down what is in each compartment in this list. At the end, I will also have a list of web sites where items can be obtained.

## First, here is what I carry on my person:

**Aviators Survival Knife w/ Flint and matches** (\$27 at a military clothing sales)  
**Gerber Multi Utility Knife w/Small Flashlight, Pen and Butane Lighter**  
**Small Multifunction Scissors w/knife, tweezers, etc.** (in place of pocketknife)  
**Change, extra car keys, fingernail clippers, wallet w/Money, Identification & Family picture**



## Day Pack Front Pockets:

**Small Basic First Aid Kit** (About \$10)  
**Signal Whistle** (\$2 at Wal-Mart, Campmor, etc.)  
**Batteries** (for flashlights)  
**Small flashlight**  
**Compass** (\$7-20)  
**2 Chemical Lightsticks** (\$3.42 at Wal-Mart)  
**Emergency Disposable Poncho** (\$2 at Target) Coleman  
**Space Blanket** (\$196 at Wal-Mart) Can be used for signaling  
**CPR Microshield** (Protects rescuer and assists in maintaining an open airway)  
**Small Sewing Kit** (\$4 at a military clothing sales)  
**Hand Warmer Packets** (\$2)  
**Plastic bags** (ziplock)  
**Extra Prescription Glasses/Sun Glasses**  
**Prescription Medications**  
**Map of area to be traveled**  
**Flint Kit**



## Day Pack Side Pockets:

**Moist Wipes**  
**Toilet Paper w/Backpackers Trowel** (About \$2 at Campmor)  
**Storm Matches** (\$4 at REI) waterproof, windproof matches burn in heavy rain and even while wet  
**Tums for altitude sickness**  
**Candle Lantern w/extra candle** (\$18.95 at REI)  
**Small fishing kit** (line, bobber, hooks & flies)  
**Thin Fleece Balaclava** (head cover, \$10 at REI)  
**Wool Socks** (double as mittens)  
**Insect repellent**  
**Biodegradable liquid camp soap** (4oz, \$196 at Wal-Mart)  
**Sunscreen**  
**Duct Tape**



## Day Pack Main Compartment:

### **Windbreaker/Raingear**

**Firestarter kit** (dryer lint, small candle, wax covered wood chips)

### **Rope and Parachute cord**

**Mosquito Head net** (\$1.47 at Wal-Mart) Can also be used as a net to catch fish, etc.

**Esbite® Pocket Stove** (\$9.99 at Gart Sports, REI, Campmor. \$5 at Army Surplus & Ft Carson military clothing store) Runs on Esbite® solid fuel (\$5.99 for 12). Comes with 6 - .5 oz. solid fuel tablets.

**Metal Cup** (2 cup/18oz. \$3.96 at Wal-Mart) Used to boil water and cook in

### **Extra Compass**

**Plastic Drop Cloth** (9x12 2 mil) (about \$2 at Wal-Mart)

**Tube Tent** (\$5.99 at Campmor, Army Surplus) 8 ft long

**Thermo-Lite Survival Blanket** (\$ 9.95 at Campmor) Survival and first aid instructions are printed directly on the blanket

**Space Blanket** (\$1.96 at Wal-Mart)

**Medical Emergency/Survival Book**

**Signal Mirror** (\$8 at Campmor)

2 Water containers (2 32oz/1qt)

**Thermo-Lite® Emergency Bivy Sack** (\$19.99 at REI, Campmor, EMS)

**Emergency Drinking Water Tablets** (\$4.96 at Wal-Mart. Iodine and Neutralizing tablets)

**Survival Cards** (\$4.99 at Campmor) Comprehensive compact survival guide in 3 in. x 5 in. plastic cards.

300 Facts and Techniques, 40 First Aid, 150

Illustrations, incl. 64 Edible Plants. Water: all climate zones, solar still, purification. Shelter: lean-tos, natural hiding places, snow blocks. Fire: tinder, flint/steel, bow-drill, burning glass, bone/fat, ammunition, battery, torches Edibles: insects, birds, animals, reptiles, marine life; 64 edible plants. Hunting, Trapping: devices, tips, snares, spears. Fishing: tips, traps, drugs. Equipment: implements, chipping stone, cordage, sinew, bow and arrow, pottery, weaving, rafts, snowshoes, pitch, wooden knife, more. Techniques: dressing game, rawhide, tanning, cooking, roasting, drying meat, pemmican and jerky, cooling food. Desert, Arctic, Tropics: facts regarding dangers, water, travel, wild edibles. Survival Tips: plant edibility test, nutrition, packing equip., travel, knots, measurement equivalents and scales, rescue pick-up. Emergency Signals: heliograph mirror, fires, ground-to-air symbols, body signals, code. 40 First Aid Topics: mouth-to-mouth resuscitation, external heart massage, shock, pressure points, suturing, amputation, insect and snake bite, sunstroke, hypothermia, crushing wounds, gunshot, scurvy, typhoid, fractures, dislocations, and more...

**18 in. Campers Pocket Saw** (\$2.99 at Campmor, Army Surplus)

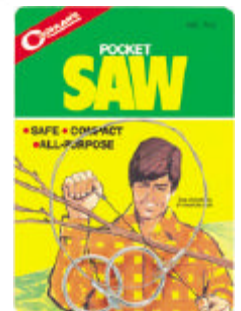
Cuts by grasping finger rings on each end and pulling in a back and forth motion.

No sharp edges.

**2 Large Heavy Duty Trash Bags** (Add to shelter, rain gear, bedding)

### **Synthetic long underwear top**

**Heavy Duty Aluminum foil** (Used to increase the wattage of your candle lantern by about 10 percent, use the foil as a reflector. It can also serve as a windscreen for your pack stove or an oven for your baked potato. Best thing is, it's recyclable, no matter how charred it gets.)



**Food in Ditty Bag:** Power Bars, Beef Jerky Granola Bars, Sugar Packets, Tea, Salt, Jell-O Packet, Hard Candy, Dehydrated Soup, Breakfast Bars, No Drain Tuna Foil Pack, Multivitamins/Protein tablets

**Specialized First Aid Kit:**

- Children's Tylenol
- Extra Strength Tylenol
- Excedrin
- Pepto Bismol
- Motrin
- Benadryl
- Aspirin
- Cough Drops
- Alka Seltzer
- Wound Management Kit with Syringe, gauze, tape, etc.
- Sawyer Bite First Aid Kit (\$11.88 at Campmor, Wal-Mart)
- Instant Cold Pack
- SAM Splint
- EMT Scissors
- Antibiotic Ointment
- Ace Bandage
- Bandage Scissors and clip/clamp
- Digital Thermometer
- Tick Tweezers
- Duct Tape

**Web Sites:**

- Campmor ([www.campmor.com](http://www.campmor.com))
- EMS ([www.ems.com](http://www.ems.com))
- REI ([www.rei.com](http://www.rei.com))

