Contents of the kit may vary, but every kit will need to address the 7 Wilderness Survival Priorities that we have covered in the last few months of scouting. (including signaling, which we actually have only just briefly mentioned)

The survival priorities are:

A. "STOP" (Stop/Think/Observe/Plan, a tool to help you think properly about how to deal with a survival situation and establish what you need to do and in what order. Admitting there is a problem and thinking about it in a positive, productive, and creative fashion increases the chances for a good outcome. Control your fears and avoid panic. Decide to live. Focus on what you can do --- not what you cannot do. Analyze your situation and plan a course of action only after considering all of the aspects of your predicament and keeping in mind your safety at all times. Don't make unnecessarily quick judgments. How you think about your situation is the key to survival in an outdoor emergency.

B. First Aid - Serious first aid problems need to be dealt with consistent with proper mental approach. First aid may be your top priority. Scouts are far more likely to have needed first aid information and skills than the general population.

C. Shelter - Staying at or near 98.6 F is essential to survival. If the survival situation takes place in dangerous cold or heat, getting sheltered as best you can (starting with clothing) is critical -- first priority.

D. Fire - Fire is not a survival need but a tool that addresses several survival needs, including staying at 98.6 when it is cold; signaling; purifying water; and boosting your morale.

E. Signaling - If you are lost and want to be found than make yourself visible. A "signal" is something that stands out from the surroundings by virtue of its color, movement, sound or shape. Whistles are mirrors are standard.

F. Water - Water is often critical to survival. In great heat, water may be needed in a few hours. Dehydration interferes with the functioning of our bodies, including thinking straight.

G. Food - Food is listed last in the pamphlet however, food is an important necessity. Albeit, not as important as water.

So your kit must contributed to your ability to address priorities B-G. Priority A is all about keeping a positive and rational mental attitude.

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Below is a suggested list from a scout resource at: <http://www.boyscouttrail.com/boy-scouts/survivalkit.asp>

Personal Survival Kit

Weight = 10 oz.

1 Two Piece Aluminum Container, 3 7/16' x 6' x 1 1/16'

1 Signal Mirror

1 Whistle

1 Spark-Lite Firestarter Flint

10 Spark-Lite 'Fire Tab' Tinders

10 Windproof/Waterproof Matches and Striker

1 Wire Blade Survival Saw

1 Fishing Kit: 10 hooks, 2 swivels, 4 split shot, 25ft. of 20lb. line, 10 ft. of 8lb. leader

25 ft nylon dental floss

1 Mini-compass

3 oz. SPF30 sunblock

Medical Supplies (in zip-log baggie, replace expired items as needed)

4 Bandaids, 1 x 3 in.

2 Bandaids, 2 in.

2 Antibiotic Salve

6 Wound Closure Strips, 1/4' x 2' (butterfly bandage)

2 Povidone Iodine Solution, .6 ml ampule/swabs

6 Pain killer pills

50 Water purification tablets (Potable-Aqua)

2 1 qt. plastic zip-loc bag

50 ft Nylon Cord

9 ft Electrical Tape (wrapped around kit to seal it)

2 Large Sewing Needles

10 ft Sewing Thread

1 Plastic magnifying Glass (plastic)

8 Safety Pins

8 sq. ft Aluminum Foil

1 Small Pencil

4 waterproof paper (Rite In The Rain)

1 First Aid instructions

This is a suggested list. Be creative, and think of ways to address the needs we've listed above.

Some things here we haven't discussed much but I like:

Heavy Duty Aluminum Foil - I like this one, for making a cooking vessel if you're not packing your kit in a can.

two piece aluminum container - this isn't a contest, but right now Charlotte is winning for packing her kit in a small metal can

Fishing Kit - we only touched on this briefly the other day talking about food, but the reward/space&weight ratio is potentially great.

Survival Saw - I showed two of these off a couple of months ago, but I'd like to emphasize its' usefulness

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Lastly, I promised to include some good resources to aid your preparation.

the Seven Survival Priorities: <https://youtu.be/aLkk6wj1wJY>

and one on Survival Kits: <https://youtu.be/KcR0znRB7ZQ>

remember: you can go up to a gallon in volume, but try to stay under that

Here are a couple of good videos on snare construction:

<https://youtu.be/ElM0Y4VlmuA>

<https://youtu.be/1DLe4H2v3co>

rope making with grass: <https://youtu.be/DljWyRQFrNc>

And some good (and realistic) videos on shelter building:

<https://youtu.be/aTCcuitx0-I>

<https://youtu.be/kpiQ0kZVZtM>

and last but not least: <https://youtu.be/B1KnQp7D8sw> which comes from one of my favorite youtube channel: wildernessoutfitters <https://www.youtube.com/channel/UCfa-XVztQrDlf-2v1UUdkwg>

The YouTube Channel: Primitive Technology is another one of my favorites. (high skills, but unlikely effort given the 36 hour time-frame we'll be surviving) good inspiration here:

<https://www.youtube.com/channel/UCAL3JXZSzSm8AlZyD3nQdBA>

particularly his videos on hut building: <https://youtu.be/Uwtu_DARM9I>

and even more impressive: <https://youtu.be/nCKkHqlx9dE>

and his videos on bow making: <https://youtu.be/SLoukoBs8TE>

and charcoal: <https://youtu.be/GzLvqCTvOQY>