

ESSENTIAL MODERN SURVIVAL KIT



WATER

Potable water in suitable containers for immediate drink-ability, and a water filter for purifying after you run out of bottled water.



FOOD

High calorie foods such as high calorie energy bars or MRE (meals-ready-to-eat) are vital to maintain sufficient energy to keep going.



EXTRA CLOTHING

Even if it's warm outside, if you get in trouble without extra clothes, hypothermia becomes a risk. Bring a stocking hat and rain jacket; and avoid cotton which is worthless when wet.



BODY WARMERS

Body warmers. Bring reflective "aluminized" space blanket or survival blanket to retain body heat, catalytic heater and bottled gas fuel.



SHELTER

Small tent, tarp with grommets, large plastic trash bag as poncho or expedient shelter roof.



SUNGLASSES

Good vision is essential. There are some great sunglasses out there that will enhance your vision, provide polarization for water or snow, and will prevent eye fatigue.



SANITATION

Toilet paper, hygiene products, soap, hand-towel and any other body care products you may need.



FIRST AID KIT

First aid kit. Keep at least the basics: band aids, sterile gauze, disinfectant, first aid manual, medical tape, medical scissors, disposable gloves, tweezers, cotton swabs and a thermometer.



EXTRA CASH

Extra cash will enable you to purchase the supplies you did not include and other necessary items. Although it may not be needed or deemed useless in the event of a major disaster, it is always good to keep some emergency cash on hand. A good amount to save is \$50 for a disaster survival kit.



MEDICATIONS

Medications. There should be at least a seven-day supply of any prescription and non-prescription medications used by family members in your disaster survival kit.



MATCHES

'Strike Anywhere' matches, not the type that you must strike on the box. Store the matches in a water-tight case. Keeping a lighter and a fire starter in addition to matches are a good idea.



POCKET KNIFE

A multi-purpose tool with a knife is ideal.



MAP

Simply having a good map of the region you're in could get you out of trouble. Know how to read and navigate with maps.



COMPASS

A compass is ideal for establishing bearings while used in conjunction with a map. A GPS isn't so good for that.



FLASHLIGHT

And extra batteries. A LED flashlight, preferably a head-mounted style, is the best choice. Even though LED flashlight batteries last a considerable time, keep extras.



PERSONAL DOCS

Important personal documents like proof of address, insurance policies, birth certificates and passports should be stored together in an area with easy access in case of a natural disaster.



WEATHER RADIO

A small weather radio will keep you informed of the conditions outside and where to seek shelter or emergency personnel during and after a natural disaster.



CELL PHONE

And chargers. The towers may be down following a natural disaster, but emergency personnel will get them repaired fast for communication. Keep a cell phone with a wall and car charger handy.

SOURCES:

<http://modernsurvivalblog.com/survival-kit/>

<http://www.idealhomegarden.com/home-improvement/disaster-survival-kit>

http://en.wikipedia.org/wiki/Survival_kit