

ULTIMATE SURVIVAL KIT

Best Tips From Experienced Preppers



survival-mastery.com

Ultimate Survival Kit - Best Tips from Experienced Preppers

By editors of Survival-Mastery.com

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Foreword

We live on an amazing planet that enchants us with beauty wherever we go. We have wonderful forests, majestic rivers, impressive waterfalls, breath taking mountains, and supreme views. Mother Nature was extremely generous with us and we often forget to look out the window and admire her work. It's time to get our heads out from papers, computers and smartphones, put together our outdoor survival gear, and head to the nearest mountain or forest. Why the gear? Well, Mother Nature may be extremely generous but she is also very whimsical and can trick both the innocent beginner and the experienced outdoors man.



This eBook is meant to teach you about necessary items that should be in your survival kit no matter what, DIY projects and ideas for your survival gear and tips and tricks that will definitely make you a better survivalist.

Basic Items Everyone Should Have in Their Kit

We are going to talk about the most basic items that should be in your kit. Remember, without these it's possible you may not make it alive and safe out of a bad situation in the wild. Even though we have cities, roads, cars, latest technologies when we're in the middle of the civilized world, there are still large surfaces of wild terrain where unprepared people usually get lost. Having the necessary items with you can help the rescue team find you in time.

Orientation Items

A compass and a map of the area you are going to explore with roads and access paths are extremely necessary. You will need these items to make sure you are headed in the right direction.



The most recommended type of map when in the wilderness is the USGS map. The scale is 1:24000 (1 inch on the map represents 24,000 inches in reality) and the map is quite detailed. You can see latitude and longitude coordinates for a better orientation.

The compass also has to be chosen wisely, following the advice of the most experienced. Here are a few basic features your compass must have:

- You will need a sighting mirror, to be able to see the compass's indication at your eye level;
- You must be able to see underneath the compass, so look for a clear base plate;
- Make sure that your compass has a rotating dial. This needs to be marked with 360 degrees (2 degrees increment).
- Also, it would be great if there are meridian lines, makes it easier to use together with the map.
- There is a difference between the magnetic north and cardinal north which can be misleading. Professional compasses have the possibility to correct this difference.

Now, after you've chosen your two main elements, the map and the compass, you need to know how to use them before you actually get in the wilderness so practice before you leave home.

Knives and Multi-Tools

In order to make it in the wilderness, you are going to need a few basic tools. Your outdoor survival gear should include at least one knife for the outdoors and a multi-tool. The multi-tool is going to be useful for many activities like opening cans, cutting food, opening bottles, carving branches, fixing things and so on.

The other best friend you need in your outdoor survival kit is the fixed blade knife. It is recommended to have a professional outdoor knife as they are built especially for this kind of activities. Professional knives need to be well maintained in order to be useful. Make sure you clean its blade after every use and before you leave for an adventure make sure it's sharpened. A blunt blade won't do you any good.

Another tool that is extremely useful when in the woods is an axe. This is not an absolute necessity if you have the knife, but if you have room in your backpack and you can carry it, you should take it with you. It's very helpful at cutting bigger branches for fire and cutting logs from fallen down trees.

Equipment That Can Be Used for Signaling

Never leave home without having signaling equipment in your outdoor survival kit. Signaling equipment means items that you can use to communicate with other people in case of an emergency. The best item in this situation would be a cell phone with signal and battery but don't put all your hopes in only one item.

The cell phone is very tricky, especially that there are large areas without coverage. Also, the battery may die on you thus rendering the cell phone useless. More traditional items can be of bigger help, like:



Signaling mirror – these are very useful to signal aircraft for help. There is a special way you can use it in order to signal an S.O.S. so the pilot knows someone is in trouble. Even if it can't land in your area, the pilot will contact authorities and give them your exact location. Buy a mirror that has instructions of use engraved on the back so you don't forget how to use it.

Emergency whistle – these are special whistles, loud and resistant to shocks. Using these you can help a rescue team find you in time or you can attract other camper's attention and let them know you're in danger.

Flashlight – use it to signal in Morse code (of course you should know how).

Signal fire – if none of the above items are available, you should at least have matches and fire starters. Make a fire and put green leaves and twigs on it to make a lot of smoke. This way you'll keep yourself warm until the rescue team arrives.

Equipment for Building a Shelter

If you're not the kind of guy who carries tents into the woods, you should at least have the equipment and material to build a shelter. First of all, you need a good quality sleeping bag that is adaptable according to the environmental temperature. Still, the bag alone is not going to do you any much good if it rains or if there's a drop in temperature. Sleeping under the clear sky can be a very exciting adventure during warm, summer nights but otherwise you need to have at least a tarp, some rope and a tool.



Shelter improvisations are easy to make. Try to find a few sturdy branches that you can use to make the skeleton of your shelter and put them in place using rope. If you don't like wearing a big hunk of rope with you, learn how to make paracord bracelets and / or belts. You never know when you need some rope in the woods. After everything is in place, put the tarp over the entire construction and use some more rope to tie it to the closest trees.

It's not much of a shelter, is true, but it will keep you dry and it will protect you from wind. These days you can find different types of tents in specialized stores, allowing you to choose from different models, sizes, weight categories and so on. We recommend anyone to take a tent when in the outdoor, it's safer and it is best to use for shelter.

First Aid Kit and the Water Bottle

These are other items that you shouldn't even think about leaving home without. You don't need a big first aid kit, just the basic items to be able to take care of wounds until you reach civilization. Make sure you have fresh bandages, gauzes, alcohol, cleaning wipes, and anything you find useful.



If the first aid kit's absence may somehow be accepted, without water you'll die. Plain simple! Buy yourself a special container, made out of metal so it doesn't puncture easily and try to find one with an integrated filtering system. If you remain without water, you can help yourself out of a spring or even a puddle.

Don't forget about purifying water tablets. These are as important as the filtering system. Actually they are less expensive so if you're on a budget you can give up on the filtering system. Remember: drinking clean water is extremely important!

Extra Change of Clothes, a Hat, and Everything Else

Don't let the beautiful weather fool you. Even if it is summer and it hasn't rained for days, the weather can change in a matter of hours. Check the weather forecast for the area you are going to before leaving home and include a change of clean clothes (shirt, pants, underwear, socks) in your backpack. You'll be thankful when you get all wet and you can change in dry clothes in the woods. Also don't forget about your head. A hat or a beanie will protect you from sun during the day and it will keep you warm during the night.

All these items and a bit more have to be able to fit in your backpack. The backpack itself must be chosen wisely, according to the size of your outdoor survival gear and food supplies.

Make sure that you can carry it at its full capacity and that it feels comfortable on your back. A good backpack has the following attributes:

- the back is reinforced so you don't feel the entire weight on your shoulders;
- the shoulder and hip straps are padded and wide enough to feel comfortable even when the backpack is heavy;
- it has multiple possibilities of compartmentalization so you don't have to squeeze everything in a big pocket;
- it offers you the possibility to hang different stuff on the outside;

Nice complimentary thing to consider here - a rain cover.



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The 72 Hour Kit: Preparing for a Natural Disaster

The 72 hour kit is another type of survival kit; it's simply a collection of important, basic things you need to survive for, well, at least 72 hours (or 3 days) in difficult conditions. Authorities and governments recommend people to have this type of kit in their homes, as part of their natural disaster preparedness program.

You have to be prepared for 3 days, this being the estimated medium period of panic and madness you will have to survive by your own or in a shelter until rescue teams can reach you. In case of natural disasters like hurricanes, tornados, volcanoes, extreme weather phenomenon, wild fires, or zombie apocalypse help doesn't always get to you in the first few hours after.

Your 72 hours kit should contain items from the following categories:

- Food & water supplies;
- Clothing & footwear supplies;
- Sanitary supplies;
- Personal hygiene products;
- Tools;
- Bedding;
- Equipment;
- Medication and first aid;
- Light and fuel;
- Personal documents and money;
- Entertainment;
- Pet related items;
- Other special items;
- Special backpack and containers;
- Safety related items.

On the next page you can find infographic with more advices regarding each of these groups.

72-HOUR SURVIVAL KIT

Stay alert and keep these items ready this rainy season



EVERYWHERE

WHISTLE

It's bad enough that you don't have a signal on your mobile phone but worse when you run out of battery. When you're in distress and need to draw attention to yourself, having a whistle can help rescuers spot you.

CLOTHES

When it rains, it pours! When you get wet, make sure you have dry clothes to quickly change into. You can't afford to get sick and in times like these, the threat of disease spreading is extremely high.

FLASHLIGHT

When electricity is out, don't be left in the dark. A handy flashlight will be your best guide as you rummage through the darkness.

BOTTLED WATER

You can survive without food but not without water; it's the most important thing on your list and should be the first thing you pack in your survival kit. Prepare at least 3 liters of water that's good for 3 days.

IMPORTANT DOCUMENTS

When you need to thread on high waters, it's a good idea to keep your important documents in a waterproof-container or resealable plastic bag.

CELLPHONE

If you're stranded in the middle of nowhere and you need to call for help, your mobile phone will do, just make sure your battery is always full. So hold off on playing Candy Crush for now, your ticket request can wait.

BATTERY-OPERATED RADIO

Keep up-to-date with what's going on in the news. Listen for updates and monitor events following a disaster. Ignoring evacuation instructions could spell the difference between life and death.

READY-TO-EAT FOOD

Food is vital for your survival. Just make sure you pack foods that will last at least 3-7 days. Packaged non-perishable or canned food and boxed juices are best.

EMERGENCY MONEY

ATM offline? Always make sure you have cash on hand just in case you'll need to buy extra supplies.

FIRST AID KIT

Whatever the weather is, you should have a first aid kit with you at all times. Just remember, your best defense is a good offense.



TEXT BY: RALPH ABOGADO
GRAPHICS BY: MICA CRUZ

Food and Water Supplies

This is a very important category and without enough items from here you cannot survive for three days on your own. Try to look for small items with high caloric content (natural disasters are not about keeping fit and worrying about your silhouette!). Stressful situations like trying to run from a hurricane or a tornado determine your body to consume more calories than usual, which will leave you drained of powers. As an adult, your daily meal should contain about 2000 calories.

Another important aspect when choosing the food to put in the emergency kit is the shelf life. Try to choose products with at least 1 year shelf life, otherwise you will have to check and rotate products pretty often.

When storing the food, make sure that everything is packed up separately. Some foods have very persistent smells and they can contaminate other foods, making them very hard to eat. Also try to choose foods that everyone in your family can and will eat.

Here are a few 72 hour kit ideas for items in this category:

- canned foods like beans, fruits, vegetables, cooked meals;
- energy bars and chocolate for a boost of energy;
- nuts and seeds;
- dried fruits;
- noodles, soups and dehydrated vegetables;
- peanut butter;
- salt, sugar and other spices.

Also **very important (!)**, take into consideration allergies and possible allergic reactions.

Clothing and Footwear Supplies + Bedding Category

When you're facing a difficult time, away from home and your personal closet you need to have extra layers with you so you can adjust the body temperature according to weather conditions. Take clothes that will keep you warm, that don't need much storage space and are not heavy to carry. You can include here short and long sleeves shirts and pants, socks, underwear, hats, gloves, and jackets.

The same applies to footwear: take an extra pair of sturdy shoes that will keep you dry and will protect you from rain and fallen objects. Add in your kit a rain coat and body warmers as an extra precaution.

You will also need to sleep during these 72 hours which is why bringing the appropriate bedding is very important. Start with a sleeping pad, to keep you away from the cold

Sanitary Supplies & Personal Hygiene Products

[illegible]

Medication and First Aid Kit

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relievers, Ibuprofen, glasses, and other medication you consider necessary. The first aid kit should be complete and you can pick it up in any drug store.

Tools, Equipment, Light and Fuel Categories

These categories are also important for your survival but you need to pack them responsibly as they can make your kit pretty heavy.

From the tools and equipment categories you are going to need a folding shovel (great for digging sanitation holes and digging up stuff), pliers, a can opener, a multi-tool Swiss army knife (or any other multi-tool knife) that can be useful in countless situations, thread and needle (you never know when something tears and you need to fix it), duct tape, battery operated radio, fire extinguisher, rope, etc.

The light and fuel category has its place in the importance scale as you will need light to see where you're going and fuel to cook and stay warm. Consider taking flashlight and extra batteries, signal flare, emergency candle and water proof matches, travel stove, and an extra tank of fuel for your car.

Safety Items, Personal Documents and Money

You always have to have your personal documents with you in case of an evacuation so authorities can identify you if there are routine checkups. Also, take important documents like house ownership proof, bank statements and others. Make sure that you have extra cash with you because credit cards won't do you any good during a crisis period. ATM'S are usually emptied first and banks are closed.

Even if you are a pacifist and you don't think there are people who would want to profit from a natural disaster, such specimens exists. That's why you need to have a gun or another type of weapon that you can protect yourself and your family with. Don't forget to include an emergency whistle in your pack. It's very useful to let people know you are in danger or to help rescue teams find you.

Other Categories

Here you can find items like stuff you need for your pets, containers and anything else. These ones you need to figure out by yourself and include them in your safety kit. Start the list early and read it multiple times before starting packing up your emergency gear. This is the only way to make sure you don't forget anything important.

Remember, keep your backpack light and ready to go and don't forget to include a compass and a map.

Survival Gadgets: Prepping Ingenuity at Its Finest

One of the best parts about the prepping community these days is the rampant creativity the movement has sparked among inventors. The desire for compact, user-friendly tools has created an industry full of cool survival gadgets, ranging from the brilliant and useful to the nostalgic and impractical. Regardless of your motivation, not many people can resist the draw of the inventive gear that's on the market today.

These gizmos can definitely fall into the category of frivolous and unnecessary at times, with some sellers definitely marketing to the impulse buyer in all of us. When shopping for these gadgets, definitely look into customer reviews to make sure they're sturdy enough to be worth spending the money on.

There's a lot of cool stuff out there, and plenty of duds. Here are a few of the top-rated survival gadgets on the net right now. So grab your wallet, and make room in your bug out bag—it's time to go shopping. Perhaps some of the coolest survival gadgets out there are the ones that have been miniaturized for portability (and sometimes just plain fun). The best of these gadgets combine the durability of the real thing, with the convenience of being able to fit one in your purse or toolbox. Here are some of the coolest and toughest ones on the market, with the ratings to reassure you they're not going to fall apart after one use.

Pocket Chainsaw (Stunning Gadgets)

This is definitely one of my favorite survival gadgets out there. It's incredibly sharp and strong steel blade is completely man-powered; just pull it out of the case, grab the handles, and pull it back and forth across the branch.



Customers rave about its usefulness and size-it comes well-oiled and sharp, ready to work. A lot of customers actually advise wearing gloves when handling it-the teeth on the chain can produce a nasty cut if you grab it in the wrong place. But many reported cutting through limbs with ease-just add elbow grease.

Wallet Ninja 18 in 1 Pocket Tool

You've probably seen this one advertised on TV in those goofy commercials. I was totally intrigued when I sat down to eat dinner and saw that jazzed up salesman showing this thing off-it actually looked like it would be pretty useful. And at least according to customer reviews, it's every bit as handy and durable as the manufacturers claim.



This little credit card sized gadget is made of steel, so some customers say it's a little on the heavy side, but I definitely see that as a plus (the way I see it, the heavier it is, the harder it is to break). Not only that, but the company claims it's TSA approved, so you can even get it through customs. However, the collective intelligence of the TSA can't always be counted on, and some customers have been furious to see theirs confiscated, so be sure to know your rights if you plan to fly with it.

Here's what this wallet-sized marvel packs for uses:

- eyeglass screwdriver
- fruit/vegetable peeler
- bottle opener
- box opener
- cell phone stand
- screwdriver
- 6 different sizes of hex wrenches
- nail puller
- letter opener
- ruler
- 4 different screwdrivers

Aside from some issues with getting it through airport security, customers rave about this little gadget-and at only about \$10, it's well worth the money to stick in your wallet.

Eon Classic Ultra-Thin Credit Card Light

There have been a lot of credit card lights on the market, with cute little light bulbs that fold up out of a thin plastic card. While they're fun novelty items, they don't put off a ton of light, making them more of a gimmick than a survival tool.



It is highly recommended, by experienced outdoorsmen, to take a friend with you. You should never leave alone unless you don't have a choice. When you're with someone you can consult on directions, you can discuss alternatives, and combine plans. Also, if one of you gets hurt, the other one can go and call for help. It's better if one of you has some outdoor experience but even if you are two beginners, it's better than to be alone.

But the Eon Classic is the real deal. It's incredibly bright, with an LED light that's designed to last. Some customers say it fits a little bulky in the wallet where the light itself is at, but the tradeoff is well worth it for the amount of light it puts out. All in all, it's a much sturdier product than other designs, and though you have to press the button to keep the light on, it's great if you're without anything else in a pinch.

Life Hammer Emergency Tool

This is a particularly amazing and simple gadget that could save your life one day. Essentially what it is a steel pointed mallet in a plastic casing, with a razor blade built into it. It's designed to be used to shatter passenger windows and cut seatbelts.



If you ever have the misfortune of driving into a body of water, you have seconds to escape the vehicle. Easier said than done as your car rapidly fills with water, and even more difficult if you have power windows, which would likely fail in an accident like this. Enter the Life Hammer. Use this tool to shatter passenger windows, and cut your seatbelt if need be. However, keep in mind that this will not shatter the safety glass that's in a windshield, so don't even waste precious time trying.

This is a genius idea, and can save your life from everything from a flooding vehicle to an engine fire. This one in particular sells for around \$15. I did some digging for customer feedback, and this seems like the best one to get, based on what mechanics have said that spend a lot of time busting windows out of wrecked vehicles. So whatever you do, don't opt for the cheaper models-they're crappy knockoffs, and that money saved could cost you your life one day.

Cool Gadgets for Your Car

Don't forget to stock up your car! Gadgets adapted specifically for use on the road are some of the coolest and most useful on the market today, and even I find myself constantly adding them to my emergency car kit. They're compact designs and versatility make them ideal for the travelling prepper, so make sure you don't pass any of these up when stocking your vehicle.

Smart AC Automotive Power Strip

This has got to be one of the most basic and useful gadgets out there—a power strip that plugs into your cigarette lighter. The brilliance is in the simplicity of the design, and no doubt even the person who's lost the car charger for their cell phone will find a use for it.



At \$35, it may seem a little steep for a power port, but it's so invaluable it seems well worth the money.

Car Cozy 2 Electric Fleece Blanket

If you live in a place that frequently sees freakish temperature swings, this is something you might want to consider purchasing (especially if you don't have the auto power strip). This cozy fleece electric blanket plugs right into your cigarette lighter in your car, so if it's ten blow outside and your heat decides to stop working that day, you can stay super toasty with this.

Customers rave about it for how fast it heats up, and the size is reasonable enough that you won't have to scrunch up underneath it to stay covered. At around \$40, it seems well worth the money.

Esbit Lightweight Camping Cook Set

Okay, so this one isn't necessarily for car use-but having a way to cook while you're on the road, particularly if you're going through remote areas, is never a bad idea. This cook set is awesome-super lightweight if you decide to pack it in a backpack for a camping trip. It's designed to be used with solid fuel tablets, so make sure you pick up a stash of those too.



The pot that sits on top of the fire is extremely small, about the size of a can of soup, making this incredibly portable. The fuel tablets that the company sells get a small, hot fire going with almost no effort on your part. And despite it being so small and lightweight, it's still incredibly durable, making it well worth \$25.

Kiwi 2 Car Diagnostic/Performance Kit

This little thing is so cool. Most cars that are made in the late 90's or after are pretty well computerized, making engine problems very difficult to diagnose for the average driver. What this little gadget does is connect with your car's computer, and collect information from it, which it logs and displays on your iPhone or iPad.



Just use the cord included to hook into the on board diagnostic port, or OBDII, and start looking at all of your vehicle's specs. Not only can this device read codes and tell you the root of your car troubles, but it can collect a host of other information, ranging from gas mileage to horsepower. Plus, the device is compatible with tons of other automobile apps, like Dash Command and Fuzzy Port.

If not for engine diagnostics, then definitely look into this one just for kicks.

Final Advices

In this eBook you read about some of the basic elements your outdoor survival kit should contain and about some of the gadgets that would be cool to have. Regardless of scenario, the survival kit must be able to help you in a difficult situation. It is also highly recommended, by experienced outdoorsmen, to take a friend with you. You should never leave alone unless you don't have a choice. When you're with someone you can consult on directions, you can discuss alternatives, and combine plans. Also, if one of you gets hurt, the other one can go and call for help. It's better if one of you has some outdoor experience but even if you are two beginners, it's better than to be alone.

Another good advice is to make sure you always have your survival gear close to you. If it's in your backpack, don't leave anywhere without it. You never know how you slip and fall in a ravine and no one will know how to find you. To make sure this never happens, wear your emergency whistle around your neck and get used to wearing items made out of paracord. Your knife should be with you at all times and any other useful item that you can put in a pocket. If you fall in some sort of hole or ravine and you can't get out without help you can start blowing your whistle. This will alert your friends or people around who will come to check on you. If they can't get you out, they will call the professionals to come and rescue you.

For more information about survival please go to the *Survival-Mastery.com* website.