

Survival Checklist

Essential survival gear and priorities for the outdoors, from shelter and water to fire, signaling and first aid.

Shelter and Warmth

- ☐ An emergency bivvy, space blanket or lightweight tarp
 - ☐ Extra insulating layers and a hat and gloves
 - ☐ A rain shell or poncho to stay dry
 - ☐ Paracord or strong cordage to build a shelter
 - ☐ A foam pad or material to insulate you from the ground
- Cold ground draws away body heat faster than cold air

Water

- ☐ Carry enough water for the planned trip plus a reserve
- ☐ A water filter or purifier for refilling on the trail
- ☐ Purification tablets as a lightweight backup
- ☐ A metal container you can use to boil water
- ☐ Know how to find and treat water sources safely

Fire

- ☐ Waterproof matches or a stormproof lighter
- ☐ A ferro rod as a reliable backup ignition source
- ☐ Dry tinder stored in a waterproof bag
- ☐ A small fixed-blade knife for processing wood
- ☐ Know how to build a fire safely and put it out fully

Signaling and Communication

- ☐ A loud whistle to call for help
- ☐ A signal mirror for daytime signaling
- ☐ A charged phone and a power bank where coverage exists
- ☐ A headlamp or flashlight with spare batteries
- ☐ A personal locator beacon or satellite messenger for remote trips
- ☐ Tell someone your route and return time before you leave

Navigation

- ☐ A topographic map of your area
- ☐ A reliable compass and the skill to use it
- ☐ A GPS device or app with offline maps downloaded
- ☐ Note landmarks and your route as you travel
- ☐ Spare batteries or a charger for electronic navigation

First Aid and Tools

- ☐ A compact first aid kit suited to your trip
- ☐ Any personal medications and a list of allergies
- ☐ A multi-tool with a knife, pliers and screwdriver
- ☐ Sun protection, including sunscreen and lip balm

- ☐ High-energy emergency food rations
- ☐ Duct tape and repair items for gear and minor fixes