**SURVIVAL KIT | C-GBSM  
2018.06.28 (Weight 20lbs)**

**Cooking Container** (Optimus Terra HE) MEC $38

* Waterproof/Windproof matches (UCO Titan X12 + strikers) MEC $12
* Magnesium flint (Coghlan's)
* Cotton Tinder-Quik (small zip bags X3)
* Esbit Portable stove (X1) + Fuel tablets (X2 packets) MEC $15
* Flashlight
* Whistle

SURVIVAL PRIORITIES

REMEMBER YOU CAN LAST:

* 3 Hours w/o stable body temp
* 3 Days w/o water
* 3 Weeks w/o food

7 PRIORITES

1. Stop; Think; Observe; Plan
2. Provide First Aid
3. Seek Shelter
4. Build a Fire
5. Signal for Help
6. Drink Water
7. Find Food

STOP: The instant something goes wrong.

THINK: Determine problem and how to deal with it (where are you? Map & Compass)

OBSERVE: surroundings & group (assess both). Take inventory, is there natural shelter? Best place to signal? Nearest water source?

PLAN: Once you make assessment, then make plan to deal with issues.

* Toilet paper (Coghlan's tissue on the go)

**Water Container (1L)**

* Energy Chews (Clif Shot Blocks X6)
* Electrolyte replacement tabs (nuun)
* Water purification tablets (Aquatabs X50)
* Onion soup mix (X1)

**Waterproof Sack**

* Onion soup mix (X3)
* Lightsticks X3 (Coghlan's 12HR)
* Paracord (15m)
* Insect repellent (bottle Ben's wilderness formula)
* Multipurpose Utility tool
* Zip Lock freezer bags (X5)
* Emergency blankets (X3 Coghlan's)
* Gerber folding knife
* Candle (Exotac 16HR 3 wick)
* Pocket Chainsaw (Chestnut Tools 20.5" blade)
* Silva Compass (Guide 426)
* Signal mirror

**Other**

* Headlamp (X1) Black Diamond Spot
* Supplemental First Aid Kit (Coghlan's Trek III w/ Tylenol)
* LifeStraw
* Pen Flare Kit (pen launcher X1, bear bangers X2, signal flares X3)
* Dried meal packs (X3 AlpineAire) MEC $10EA
* Vancouver & Calgary VNC Charts
* Emergency Medical Cleaning Kit (Celeste)
* Long John’s (top X1 bottom X1)
* Mittens
* Hand Warmers (X6)

Shelter/Personal Protection Group – Purple  
Fire/Heat Group – Red  
Signalling/Light Group – Blue  
Water/Food Group - Green

* Duct Tape
* Emergency Life Preservers (X4)
* Survival Guide (RCAF)

**Things to add/ consider**

* Zip lock wet ones/baby wipes
* Laser Pointer (signalling)
* Fishing kit
* Batteries (8XAAA, 4XAA, 1XANKER)
* Deck of cards
* UST all weather base tarp 8x11
* OR Bivouac Sack (MEC) / Tact Bivy (Frog Survival)
* Sleeping bag
* Thermorest mattress
* Toque/rainshell
* Bear spray (in zip lock bag in PVC tube w/ lids)
* Clif energy bars
* Instant coffee (Starbucks?)
* Stuff sacks
* Additional candle
* Additional Glowsticks
* Used portable GPS
* Folding saw (Bahco Laplander or Silky) wood
* Tick remover
* SAS Survival Guide
* Butane canister/ stove top
* Water purifying power Pur Purifier of Water
* Tact Bivy