

Personal Survival Kit Checklist from JM Cremps

- Signal Mirror
- Firestarter
- Firestarter material (dryer lint, cotton balls, or commercial firestarter tabs work great)
- Candle
- Windproof, waterproof matches and/or a lighter
- Pocket knife or multipurpose tool with blade
- Cordage – 550 paracord, nylon rope, paracord bracelet or fishing line
- Compass
- Poncho or garbage bag
- Signal whistle
- Paper & pencil
- Mini Fishing Kit (10 hooks, 2 swivels, 4 split shot, 25 ft. of 20lb line, and 10 ft. of 8 lb. leader)
- Chapstick
- Travel size sunblock
- 2 small/medium size bandaids
- 2 large bandaids
- Antibiotic cream or ointment
- Several feet of duct tape
- 6 safety pins
- Small flashlight and extra batteries
- 2 Ziploc bags
- 2 candy bars
- Mini Sewing
- 1 pair of extra socks (can be used as mittens if needed)

A survival kit such as this one is only useful if you know how to use the items in it. So be sure to practice proper use of the items with your family before you head out. Also, you can use this kit as a starting point and then add other items based on your location, health needs, and climate.