



10 Essentials

(Survival in a Stuff Sack)

1. Navigation
Map, **compass**, GPS
 2. Signal
Whistle, mirror
 3. Illumination
Flashlight, headlamp, extra batteries
 4. Insulation
Warm hat, **rain protection**, extra layers
 5. First Aid Kit
First Aid in a baggie
 6. Fire
Firestarter, matches, **lighter**
 7. Repair kit
Duct tape, patches, pocket knife
 8. Nutrition
Energy bar, **Kool-Aid packet**
 9. Hydration
Water treatment tabs, filter
 10. Emergency shelter
55 Gallon garbage bag, tarp, poncho, space blanket
- Add-ons:
11. Extra food
 12. Sun protection