














Survival Essentials (Stage 1)

Survival Priorities					
1.		Air	5.		Shelter
2.		First Aid/ Mental	6.		Warmth
3.		Communication	7.		Water
4.		Tools	8.		Food
9.		Hygiene	10.		Self Protection
			11.		Extra Clothing
			12.		Container
Learn more at www.emergencyprepgear.com/emergency-preparedness					











Essentials Pouch: Gear

Item	Priority
<input type="checkbox"/> Air Mask (1)	
<input type="checkbox"/> Flashlight (rechargeable)	
<input type="checkbox"/> Whistle	
<input type="checkbox"/> Swiss Army Knife (Fieldmaster)	
<input type="checkbox"/> Lighter (1)	
<input type="checkbox"/> Ferro Rod and Striker	
<input type="checkbox"/> Waterproof Matches	
<input type="checkbox"/> Paracord (50 ft)	
<input type="checkbox"/> Ear Band	
<input type="checkbox"/> Emergency Blanket or Bivvy	
<input type="checkbox"/> Rain Poncho	
<input type="checkbox"/> Water Filter	
<input type="checkbox"/> Duct Tape (travel size)	
<input type="checkbox"/> Compass/Magnifying Glass	
<input type="checkbox"/> Fishing Kit	
<input type="checkbox"/> Snares	
<input type="checkbox"/> Molle Pouch	
<input type="checkbox"/> Signal Mirror	
<input type="checkbox"/> Pepper Spray*	

Essentials Pouch: First Aid (IFAK)

Item	Priority
<input type="checkbox"/> Wipes: Alcohol (6)	
<input type="checkbox"/> Wipes: Sting Relief (3)	
<input type="checkbox"/> Cream: Antibiotic Ointment (3)	
<input type="checkbox"/> Cream: Burns (3)	
<input type="checkbox"/> Cream: Sun Screen (3)	
<input type="checkbox"/> Insect Repellent (3)	
<input type="checkbox"/> Tabs: Antacid (8)	
<input type="checkbox"/> Tabs: Tylenol (8)	
<input type="checkbox"/> Tabs: Aspirin (8)	
<input type="checkbox"/> Tabs: Pepto-Bismol (8)	
<input type="checkbox"/> Tabs: Allergy (8)	
<input type="checkbox"/> Disposable Gloves (2)	
<input type="checkbox"/> Adhesive Bandages (var) (10)	
<input type="checkbox"/> Butterfly Bandages (4)	
<input type="checkbox"/> Compressed Gauze (1 pkg)	
<input type="checkbox"/> Wound Dressings (2)	
<input type="checkbox"/> Silk Tape (1 sm roll)	
<input type="checkbox"/> Bleed Stop (1 pkg)*	
<input type="checkbox"/> Pressure Bandage (1)*	
<input type="checkbox"/> Tourniquet (1)*	
<input type="checkbox"/> Epipen*	

Essentials Pouch: Toiletries

Item	Priority
<input type="checkbox"/> Tissues/Toilet Paper (1 portion)	
<input type="checkbox"/> Toothbrush/Toothpaste (travel)	
<input type="checkbox"/> Travel Floss	
<input type="checkbox"/> Camp Soap (dropper bottle)	
<input type="checkbox"/> Sunscreen (packets)	
<input type="checkbox"/> Chapstick (Carmex)	
<input type="checkbox"/> Fingernail Clippers	
<input type="checkbox"/> Cotton Swabs (6)	
<input type="checkbox"/> Body Wipes (4)	
<input type="checkbox"/> Feminine Hygiene Products	

These three modular survival essentials pouches are a part of a larger system of survival gear. They can be used with day packs, 72-hour kits and Go-bags.

Go to www.emergencyprepgear.com to learn about the items on these essentials lists as well as our recommended survival system.

*Optional items - be sure you are trained how to use any items you put in your emergency essentials kits.