

THE **TWO FOOT TRAVELLER** SURVIVAL ESSENTIALS LIST

Navigation

- Map (7.5 minute topographic)
- Compass
- 3-4 feet of brightly colored Surveyor's tape
- Extra batteries (for GPS if you have one)

Sun Protection

- Hat
- Sunglasses
- Sunscreen
- Bandanna

Insulation

- Warm beanie
- Gloves
- Warm socks

Illumination/ Signaling

- Headlamp
- Extra batteries for the headlamp
- Whistle
- CD or DVD for light signaling

First-Aid Supplies

- Ibuprofen
- Allergy pills
- Antiseptic wipes
- Adhesive bandages in a variety of sizes
- Medical Tape
- Gauze
- Tweezers
- Safety pins

Fire

- Matches in waterproof container
- Small disposable lighter
- Magnesium block fire starter
- 6-8 cotton balls saturated in petroleum jelly
- Lint or other easily combustible material

Tools

- Fixed blade, steel knife
- 100 feet of 550 rated parachute cord
- Dental floss
- Gallon and quart sized heavy duty freezer bags
- Duct tape

Nutrition

- 2 granola/ protein bars
- 2 candy bars

Hydration

- 2 quart sized water bottles, filled
- Collapsible 1-2 gallon water container
- Iodine purification tablets

Shelter

- Emergency space blanket
- Heavy duty space blanket
- Emergency poncho
- 2 Large heavy duty trash bags