

Checklist for a Wilderness Survival Kit

Emergency Survival Kits

Many items you regularly carry into the outdoors will fill the requirements of a survival kit. A well-prepared camper or hiker or backpacker hiker will already have the components for a survival kit in their pack so they may not need to add additional items to make up a survival kit.

A survival kit has four essential elements:

1. Fire-starting gear (flint and steel, matches, magnifying glass)
2. Signaling material (audio and visual: whistle, signal mirror)
3. Water-gathering material (water bottle, trash bag)
4. Food-gathering material (fishing hook & line, snare wire).

Every survival kit begins with the Scout Essentials. Get into the habit of having them with you on every trip into the backcountry.

Scout first name and last name (printed):				
Scout signature:		Date of Review:		
Resource: Wilderness Survival merit badge pamphlet, Copyright 2024, 2024 printing, pages 11-12				
If the supply item is right for your kit and your activity, mark "Yes". If the supply item is not right for your kit and your activity, mark "No" or mark "NA" for not applicable.		Yes	No	NA
Survival Kit	Scout Essentials			
Personal Items	Personal Items			
Signaling devices such as whistle, signaling mirror	Whistle			
Water bottles, water treatment equipment and supplies	Filled water bottles, water treatment equipment and supplies			
Trail food	Trail food			
Flashlight(s) and/or headlamp(s) with extra batteries	Flashlight(s) and/or headlamp(s) with extra batteries			
Protective clothing and gear: raincoat or poncho with hood, hat for rain or cold or sun, rain skirt, balaclava, neck gaiter, layers, gloves for warmth or work, seasonal coat or fleece, hand warmers, gaiters, boots, sun- and bug protective clothing	Protective clothing and gear: raincoat or poncho with hood, hat for rain or cold or sun, rain skirt, balaclava, neck gaiter, layers, gloves for warmth or work, seasonal coat or fleece, hand warmers, gaiters, boots, sun- and bug protective clothing			
Backpack, backpack liner bag, trekking poles	Backpack, backpack liner bag, trekking poles			
Personal kits with eyeglasses, contact lenses and solution, hearing aids and batteries, prescription and non-	Personal kits with eyeglasses, contact lenses and solution, hearing aids and batteries, prescription and			

prescription medicines, sunscreen, bug repellent, toothbrush, toothpaste, floss, shampoo, soap, hand sanitizer, towelettes, towels, wash cloths, feminine products, toilet paper, plastic trash bags	non-prescription medicines, sunscreen, bug repellent, toothbrush, toothpaste, floss, shampoo, soap, hand sanitizer, towelettes, towels, wash cloths, feminine products, toilet paper, plastic trash bags			
Sleeping bag (or bedroll of two wool blankets), ground pad, waterproof ground cloth				
Shared Items if in a Group	Shared Items			
Trip Plan	Trip Plan			
First aid kit, including emergency blanket(s), handkerchiefs, sunscreen and sun blocking lip balm, DEET or picaridin repellent	First aid kit, including emergency blanket(s), handkerchiefs, sunscreen and sun blocking lip balm, DEET or picaridin repellent			
Compass and map	Map and compass, GPS device, Personal Locator Beacon (PLB)			
Matches in a waterproof container, lighter, flint and steel set, fire starters	Matches in a waterproof container, lighter, fire starters			
Pocketknife	Pocketknife			
Gear repair kit with duct tape, zip ties, multitool, sewing kit, 1-inch or larger safety pins, 50 feet of paracord	Gear repair kit with duct tape, zip ties, multitool, sewing kit, 1-inch or larger safety pins, 50 feet of paracord, shoelaces			
Watch	Watch			
Pencil and small notebook	Pencil and small notebook			
Shelter: tent, tarp, bivy bag				
Extra clothes such as underwear and socks				
Trash Bag. A heavy-duty 30- to 39-gallon plastic bag, preferably in a bright color, can be used for emergency rain gear, to protect tinder, kindling, sleeping bag and other gear from rain.				
Fishing Line and Hooks. Fifty feet of nylon fishing line for fishing and repairs. Add a few hooks and you will can try fishing in lakes and streams.				

Sun protection from UVB rays that cause sunburn and skin cancers and from UVB rays that cause skin aging and skin cancers includes

- sunscreen, lip balm,
- sunglasses, snow goggles
- sun protective clothing such as wide-brimmed hat with neck drape, bandana, long pants long sleeved shirt, sun hoodie with face mask, sun sleeves, sun gloves.

Bug protection from chiggers, ticks, mosquitoes, and biting gnats (aka midges or no-see-ums) includes

- permethrin-treated clothing, shoes, boots, socks, backpacks, tents, hammocks, hats, gaiters, sleeping bags,
- long pants, long sleeves; fine mesh head net,
- DEET or picaridin bug repellent.