

Survival Gear Checklist for Outdoor Adventure

Hydration

- Water bladder or Water bottles with built-in filters
- Water purification tablets
- LifeStraw or portable water filter

Fire Starter

- Lighter
- Waterproof matches
- Firestarter kit
(dry tinder, candles, priming paste, resin-soaked wood clusters, dryer lint)
- Firesteel or magnesium fire starter

Torches

- Headlamp
(with adjustable straps)
- Spare batteries
(for headlamp)
- Handheld torch
(optional)
- Glow sticks

Shelter

- Lightweight tent or Emergency bivvy
- Ultralight tarp
- Paracord
- Emergency blanket
- Large plastic trash bag
(optional)

First Aid Kit

- Adhesive bandages
- Gauze pads
- Disinfecting ointment
- Adhesive tape
- Over-the-counter pain medication
- Tourniquet
- Blister treatment
- Nitrile gloves
- Stitches
- First aid guide
- Antiseptic wipes
- Tweezers
- Scissors
- Emergency blanket

Nutrition

- High-energy snacks
(trail mix, granola bars, energy bars)
- Ready-to-eat meals (MREs)
- Electrolyte drink mixes

Navigation

- Topographic map**
- Compass**
(with sighting mirror if possible)
- GPS device**
(if available)
- Smartphone**
(as a backup with GPS app)
- Altimeter**

Tools

- Multitool**
(with knife, screwdriver, can opener, etc.)
- knife**
- Whistle**
- Pocket saw or wire saw**
- Repair tape (like duct tape)**
- Small sewing kit**

Additional Essentials

- Sunscreen and lip balm with SPF**
- Sunglasses**
- Insect repellent**
- Biodegradable wet wipes**
- Toilet paper and trowel**
(for digging cat holes)
- Personal hygiene items**
(toothbrush, toothpaste, etc.)
- Travel towel**
- Trekking poles**
- Safety glasses or goggles**
- Sleeping bag**
(appropriate for the season)

Communication

- Cellphone**
(fully charged)
- Satellite phone**
(for remote areas)
- Portable charger or extra batteries**

Clothing

- Lightweight, breathable sweat-wicking clothing**
for hot climates
- Warm, insulating layers**
for cold climates
- Extra set of clothing**
- Beanie or warm hat**
- Thermal underwear**
- Waterproof and windproof jacket**
- Waterproof and windproof pants**

- Sleeping pad or Inflatable mattress**
- Camp chair or Sitting pad**
- Binoculars**
(for wildlife watching)
- Camera**
- Travel pillow**
- Portable solar charger**
- Emergency cash**
- Identification**
- medical information**