



Becoming Better Equipped To Survive™

This **Pocket Survival Pak™** was designed to be affordable and compact, yet equipped with the high quality gear you need most to enable you to survive an unexpected emergency and get rescued.

Every person in your party, group or family should have their own Pocket Survival Pak™. It will do them no good if they become separated or lost and the survival kit is in your pocket, not theirs. We worked hard to make this personal kit affordable for just that reason.

To be truly useful, this kit must be with you when you need it. Always carry this Pocket Survival Pak™ in a pocket, on your person, where it is unlikely to be lost.

This Pocket Survival Pak™ cannot, however, contain all the equipment or supplies you might need or want in an emergency. It would be wise to also include on your person, at a minimum, the following gear that will also fit in your pockets:

1. A well-built, trustworthy **folding (pocket) knife** with a **locking blade** for safety at least 2.5 inches (64 mm) in length. A one-hand opening knife can be a lifesaving advantage in some circumstances. Always maintain a sharp blade. A knife is your primary survival tool; while you don't need to be extravagant, go for the best quality you can afford and a brand name you can trust.*
2. A **pocket-sized personal shelter**: a Mylar reflective emergency blanket or bag such as the Adventure Medical Kits Heatsheet® or Emergency Sleeping Bag, a Tacoma Mountain Rescue Storm Shelter™, Adventure® Medical Kits Thermo-Lite® Bivvy Sack, a couple of large plastic leaf/garbage bags, an emergency plastic poncho, or the like.
3. A pocket or key-chain **flashlight**. Best is a long-lasting LED flashlight with a constant-on (NOT momentary) switch so that it will remain on without your attention.
4. A **first aid kit** can also be a lifesaver. The pocket-size Adventure® Medical Kits Pocket Medic™ or Ultralight .5™ would be the perfect compliment to your Pocket Survival Pak™.

In addition, it is always wise to carry your own personal supply of **water**. It is essential for life and for your brain to work at its best. Some types of emergencies can leave you out of reach of normally available water; so always carry no less than one quart/liter, more in dry and warm or hot environments.

Your Pocket Survival Pak™ has room for you to add supplemental contents such as: personal medications, matches and water purification tablets.

Personal medications must be carefully packaged and rotated on a regular basis to ensure they maintain potency and safety. Discuss this with your doctor.

Waterproof and windproof matches can be purchased or you can waterproof your own using a **thin** coat of varnish or clear nail polish. Be sure to include a striker strip if the matches are not of the strike-anywhere variety.

For water purification in this kit, I recommend Katadyn® Micropur® MP1 water purification tablets. They are the only tablets that will kill cryptosporidium cysts. You'll also want something in which to store and treat the water.

Improving The Odds In Your Favor

Never go off without leaving your trip information, including the time you expect to return, with a responsible person who will contact the authorities if you do not return on time. It is always safer to travel with a companion; going solo significantly increases the risks. Dress or take clothing for the weather you might have to deal with if a storm blows in or you are forced to stay out overnight.

Even after taking the precaution of leaving trip information, on longer trips days can pass before you are missed. In many emergencies, even a few extra hours can be critical. If nobody knows you're in trouble, nobody knows to come rescue you. Cell phones and two-way radios do not work in many areas. In such instances, one of the best ways to help shorten your survival experience or to get help quicker in an emergency is to carry a 406 MHz Personal Locator Beacon; PLB for short.

Weighing in at only about 10-12 ounces (0.3 kilos) and available at prices starting under \$500, when activated a PLB sends out a coded digital emergency distress signal to orbiting satellites and Search and Rescue is notified of your predicament, including your location (to varying degrees of accuracy depending upon the beacon). Rescue efforts will start soon afterwards, though depending upon where you are, rescue can still take more time than you'd like. Meanwhile, your Pocket Survival Pak™ and the survival gear recommended to the left will help you survive until they arrive. PLBs do have limitations, but they are the most reliable compact means to call for help from the wilderness. I wouldn't venture far from civilization without one.

Your fundamental survival tool is your brain. The Survival Instructions included in this Pocket Survival Pak™ are a good place to start; review them now, before putting the Pak away (you can also find these online at www.equipped.org/psp). However, these cover only the most basic survival skills and techniques. I strongly urge you to take advantage of the many excellent survival books and manuals available to gain additional survival knowledge. Taking a wilderness survival course can be both fun and a rewarding experience, giving you hands-on experience and life skills that can make a real difference in any emergency. The confidence you gain from this knowledge also helps you develop the all-important Positive Mental Attitude, the **will to survive**, that will help you survive whatever life throws at you.

It can also be helpful to have practiced with the survival gear in your Pocket Survival Pak™ before you need to use it to save your life. To practice with the Spark-Lite™ firestarter, use a sharp knife or scissors to cut off a 3/16-1/4 inch (5mm) piece of the tinder and fluff up as directed (additional tinder can be ordered from: www.adventuremedicalkits.com/survival), or a portion of a real cotton ball can be used. To practice with the Rescue Flash™ signal mirror, carefully remove the protective film from the face of the mirror and apply it to a clean glass or metal surface. Aim mirror only at inanimate objects. After practicing with the mirror, re-apply the protective film to the mirror face before returning it to the Pak.

You can find more information on emergency preparedness and survival, survival books and courses, and independent unbiased reviews and recommendations about survival gear on Equipped To Survive™ - www.equipped.org.

For more information on Adventure® Medical Kits complete line of first aid, survival, and skin care products go to www.adventuremedicalkits.com.

Doug Ritter
Equipped To Survive™

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