

Item to Pack	Quantity	Date of Review				Notes
<b>Water</b>						
Drinking Water						
Water Bottle						
Metal Canteen						
Water Filter						
Water Purification Tablets						
<b>Food</b>						
Energy Bars						
Meals (MREs or Dehydrated)						
Cooking Pot						
Metal Cup						
Portable Stove						
Stove Fuel						
Pot Scrubber						
Eating Utensils						

Item to Pack	Quantity	Date of Review				Notes
<b>First Aid</b>						
First Aid Kit						
Medications						
Insect Repellant						
Sun Screen						
<b>Hygiene Items</b>						
Toilet Paper						
Hand Sanitizer						
Soap						
Mirror						
Towel						
Wet Wipes						
<b>Tools</b>						
Multi-Purpose Tool						
Folding Shovel						
Knife						

Item to Pack	Quantity	Date of Review				Notes
<b>Lighting</b>						
Flashlight						
Headlamp						
Candle						
Glowstick						
<b>Clothing</b>						
Rain Poncho						
Work Gloves						
Hat						
Long Sleeve Shirt						
Pants						
Wool Socks						
Underwear						
Fleece						
Jacket or Coat						
<b>Shelter</b>						
Tent						
Tarp						
Sleeping Pad						
Sleeping Bag						

Item to Pack	Quantity	Date of Review				Notes
<b>Fire</b>						
Waterproof Matches						
Disposable Lighter						
Tinder						
Fire Ignighter						
<b>Communication</b>						
Cell Phone						
Hand Powered Charger						
Hand Powered Radio						
Cash, Small Bills						
Maps						
Compass						
Whistle						
Notepad and Pen						
<b>Self Defense</b>						
Stungun						
Pepper Spray						
Handgun and Ammo						
Knife						

