
TWELVE C'S OF SURVIVAL



SUMMIT VIEW SURVIVAL & PREPAREDNESS

MARCH 9, 2025

SUMMIT VIEW SURVIVAL & PREPAREDNESS®

Summit View Survival & Preparedness – Twelve C’s of Survival

Introduction	2
Twelve C’s of Survival	2
1 – Container (Water)	3
Water Bladder	3
Water Bottle.....	3
Water Filtration/Purification System	4
2 – Calories (Food)	5
3 – Combustion (Fire)	6
Ignition	6
Fuel	7
4 – Clothing (Insulation & Sun Protection)	7
Sun Protection	9
5 – Cover (Shelter)	9
6 – Compass (Navigation).....	10
Navigation Apps.....	10
GPS Units	11
Map & Compass.....	11
7 – Cutting (Tools)	13
Knife	13
Multi-tool	13
Battery Bank	14
Repair Kit.....	14
8 – Candle (Illumination)	14
9 – Casualty Care (First Aid).....	15
10 – Communication (Signal).....	16
11 - Cordage	17
12 – Combat (Protection).....	17
Summary Packing List	18

Introduction

This document covers the Twelve C's of Survival. These aren't twelve individual items, but rather twelve essential categories that should be represented in your gear. This list covers a base level bare minimum idea of what to bring. Each outing you should pack additional gear for expected activities. This list will cover seasonal, locational, and training level considerations for each item category. For some of these items, carrying them in your pack or on your person is not enough. You need to know how to use these items effectively and practice using them in a controlled environment to increase your efficiency and confidence. I host classroom & field courses that cover an in-depth view of each category and teach you the skills necessary for you to be successful. The items included in this document are based on personal experience, extensive research, and geared toward reliability, affordability & usability. And remember TWO IS ONE – ONE IS NONE.

DISCLAIMER – I have no affiliation with any of the brands mentioned below and am not being paid to push their product.

SEE A SUMMARY PACKING LIST AT THE END FOR A QUICK REFERENCE.

Twelve C's of Survival

1. Container (Water)
2. Calories (Food)
3. Combustion (Fire)
4. Clothing (Insulation + Sun Protection)
5. Cover (Shelter)
6. Compass (Navigation)
7. Cutting (Tools)
8. Candle (Illumination)
9. Casualty Care (First Aid)
10. Communication (Signaling)
11. Cordage
12. Combat (Protection)



1 – Container (Water)

Humans cannot live more than 3-4 days without water. The time you're able to survive can drastically lessen based on your climate, physical exertion, health, and hydration levels going into the given situation. Generally, a person can only carry enough water for 1–2 days, so the ability to resupply is critical. Below are three items I recommend being on your packing list.

Water Bladder

I prefer the **Osprey** line of bladders sold at **REI**. These bladders are thick and have added reinforcement, so you do not have to worry about damaging it while in the field. The mouth pieces and hoses are removeable for cleaning and replacement. Any bladder will work, but I do recommend avoiding bladders under \$20.00.

<https://www.rei.com/product/218581/osprey-hydraulics-reservoir-3-liters>



Water Bottle

I prefer a **Nalgene** for my water bottle choice. Their wide mouth makes them easy to fill and easy to clean. The hard plastic design mitigates any damage that may occur during your trip. With this I recommend getting a titanium cup designed to slip on the bottom of the **Nalgene** like the **MSR Titan**. The titanium cup is used for boiling water and cooking food.

https://nalgene.com/product/32oz-wide-mouth-bottle/?attribute_pa_color=indigo

<https://www.rei.com/product/233372/msr-titan-cup-450-ml>

Water Filtration/Purification System

When it comes to treating water for drinking, you have physical filtration, chemical filtration (flocculation), chemical treatments like **AquaTabs** & Chlorine, and boiling. It is my recommendation you double up on treatment. Physical filtration followed by either boiling water or chemical treatment.



My preferred physical filtration system is the **24oz GeoPress Ti Purifier**. This system has a titanium outer cup to capture and pre-boil water. It has a second inner bottle that has a filter at the bottom which you just press the inner bottle down into the titanium cup and the water begins to filter up into the inner cup. Although priced at \$220.00, this effectively replaces your titanium cup, water bottle, and filter all in one. As a backup I use either a **Life Straw Bottle** or **Sawyer Squeeze**.

<https://grayl.com/collections/geopress-titanium-filter-purifier-bottle/products/24oz-geopress-ti-water-filter-purifier-covert-edition>

<https://lifestraw.com/products/lifestraw>

<https://www.rei.com/product/247832/sawyer-squeeze-water-filtration-system-with-cnoc-premium-2-liter-bladder>

You do not want to rely on filtration as your only method to treat water. Certain water sources have loads of suspended sediment (clay & silts). These suspended sediments can and will clog your filters. I recommend at a minimum using a primitive filtration technique followed by your **Sawyer or Life Straw** filters.

To make a basic primitive filter you need the following: (there are other designs this is my preference)

1. Plastic Water Bottle (You will be Cutting This Open)
2. Napkins or Cloth
3. Charcoal
4. Relatively Clean Fine to Medium Sand
5. Gravel/Pebbles
6. Optional Moss

First you remove the cap and cut off the bottom of the bottle. Turn the bottle upside down so the original opening is down. Then you stuff the napkin or cloth into the bottle covering the original opening. You then add charcoal to fill about a third of the bottle. Next

add the fine to medium sand, then finally add the gravel/pebbles. Top off with some moss if you have it around. The moss/gravel/pebble layer will filter out large materials like organics, clumps of mud, and other debris. The sand layer further filters out debris and suspended sediment. The charcoal layer will help cut some of the contaminants from the water. Then finally the napkin or cloth will filter out the remaining suspended sediment. You will be left with clear to semi-clear water. When using this technique make sure you're not filtering the water right into your primary drinking bottle. This water is not fully treated at this point. Either boil it, add chemical treatment, or now use your Sawyer filter or LifeStraw.

For chemical treatment my recommendation, for ease of use, is buying something like Aquatabs and following the instruction on the packaging. There are other ways to source the chemicals needed for treating water, these are not recommended for novice adventurers.

<https://www.rei.com/product/247379/aquatabs-water-purification-tablets-package-of-100>

2 – Calories (Food)

Humans can survive days to months without food. However, the longer you go without proper nutrition, you expose yourself to a weakened immune system and a loss of strength & energy. Each day that passes you are less likely to be able to perform activities that may be keeping you alive such as making a fire and finding water. Your climate and overall exertion for each day will dictate the recommended caloric intake needed to still be effective in a survival situation. The recommended smallest amount is between 1100 and 1600 calories depending on body size, activity levels, gender, climate etc.

I won't go over what snacks to pack for your hike (high calorie), however, for an emergency as a standard in my packs I always carry 1-3 blocks of **S.O.S Emergency Food Rations**. Approved by the US Coast Guard, each block includes 9 bars which is meant for 3 bars per day for 3 days. The blocks are quite bulky, so I open the blocks up and rearrange them into sheets or individual 1-day packs and re-vacuum them. Another way to go is freeze dried meals. You can buy these online or at **REI/Cabelas/Sportsmans Warehouse** etc. One downside to the freeze-dried meals, you generally must add water to them. Extra water you may have to carry or source.

<https://evcnb.org/store/p/premium-gobag-7wsck-z9xw3-g7p3r>

<https://theprepared.com/gear/reviews/ration-bars/>

<https://a.co/d/6s2VsJV>

<https://mountainhouse.com/collections/pouches/products/chili-mac-with-beef-pro-pak>

3 – Combustion (Fire)

The ability to create a fire in any climate setting is invaluable. Fire can help you purify water, cook food, provide heat, ward off predatory animals, and act as a signaling device. To produce a fire you need ignition, fuel, and oxygen. I recommend having 3 sources of ignition and 3 sources of tinder (a component of fuel). My Emergency Fire course covers this section in more depth. Keep your entire kit in a single place so you're not searching for each item, I just do a gallon Ziplock bag.

Ignition

When deciding on ignition sources you must look at a few things. Your average climate, your tinder choice, and training level. For most situations, a simple BIC lighter will do, however, if you're in a high-wind environment, this may not work as expected.

For ignition, my fire kits include 2 Bic Lighters, a ferro rod, and storm matches. Additionally, I may carry flint and steel as a fourth choice. The Bic Lighters give an immediate open flame that is guaranteed to light your tinder and if you run out of fuel, the striker can be used in a pinch. The main downsides to this are the fragility of the housing and limited fuel. This can be mitigated by buying a carrying case and carrying extra fuel.

For the ferro rod, you need to make sure you choose one that is easy to use/hold in the hand, produces a high temperature spark (~5,400°F), and has a way to attach the steel scraper to it if you're not going to carry a knife. My preferred ferro rod (**Lightening Strike Fire Starter**) has a unique design. It features a barrel that directs the sparks in the direction you want, the striker is bungy corded to the housing, the rod is replaceable, and the housing stores fuel-soaked tinder for emergencies.

<https://www.hollandguns.com/FireStarters.html>.



Storm matches are self-explanatory. These are matches that when lit, can withstand high winds and moisture. They burn for around a minute with an open flame but also often give out some sparks as well. I carry these in the water proof container they come in.

<https://www.instafire.com/collections/lighters-matches/products/hurricane-proof-safety-matches-with-stormproof-case>

Fuel

Fuel includes tinder to start the fire, kindling to build the fire, and firewood to sustain the fire. It is not advantageous to carry all three of these on top of all your other gear, so I will focus on what you can carry, tinder. The other components are covered in the Emergency Fire Starting course.

Tinder needs to be easily ignitable, burns for a moderate amount of time, and can achieve high temperatures. There are a ton of tinder options to choose from on the web or in nature. I prefer to come prepared versus trying to improvise as a primary means. Beware of the gimmicks, even though they look cool or put out lot of open flame, they only last a few seconds which will not light a fire.

I carry three types in my pack. The first is **Zippo Tinder Shreds**. These amount to wood shavings soaked in paraffin wax. They burn for 5-8 minutes, ignite with sparks or flame, and are water resistant.

<https://www.rei.com/product/189565/zippo-tinder-shreds-fire-starter-package-of-15>

The second is **Tinder Quik from SOL (Survive Outdoors Longer)**. These pack away small and burn for 3 minutes. Due to experience, I can assure you they can still be lit after being submerged in water for 20+ minutes via a single spark.

<https://www.surviveoutdoorslonger.com/products/tinder-quik>

The last tinder I carry is an oldy but the easiest to buy and make for yourself. Cotton Balls covered in **Vaseline** (petroleum jelly). Vaseline itself is NOT flammable, you can spark it or put a blow torch on it, and it won't ignite, just melt. The lit cotton ball provides the heat and flame and as the petroleum jelly melts it wicks up the cotton like a candle. There the petroleum jelly has a low volume to surface area ratio and can begin to boil and turn to gas, which does burn. This is why I recommend not covering the entire cotton ball with jelly. Just make sure there are some fibers inside that are dry.

4 – Clothing (Insulation & Sun Protection)

One of the most common killers in the wilderness is caused by exposure to the elements, particularly when the bodies' core temperature falls. This can occur on sunny summer days just as easy as a winter day if you are not prepared for the unexpected. During my service in the Marine Corps, we had a training exercise in the high desert in April. It was 80°F out during the day, yet we still had a hypothermia case one of the nights. Excessive sweating soaked the Marines' clothing, a rain burst soaked his sleeping system, and with the high wind and temperature drop to the mid 40's, his core body temperature fell

to 94.5°F. The following are my picks for good year-round use. Colder climates you may need to adjust.

Insulation from the elements is a vital necessity. You want to have a base layer, mid layer, and outer layer. For your base layer you want a moisture wicking layer like a wool or synthetic blend fabric. NEVER use cotton as your base layer, cotton absorbs and traps the moisture from sweat, condensation, or other sources of water. As the weather gets colder so does your core temperature due to the moisture in the cotton robbing your body of heat (thermal energy) to evaporate. This causes evaporated cooling (what happens in the summer when you sweat) and your body's core temperature will drop. My favorite base layer is a merino blend, **SmartWool**.

<https://www.rei.com/product/174769/smartwool-classic-thermal-merino-crew-base-layer-top-mens?color=BLACK>

<https://www.rei.com/product/174835/smartwool-classic-thermal-merino-base-layer-bottoms-mens>

Your mid layer is meant to trap your body heat in. You can go in a fleece, down jacket or a synthetic down jacket. Down jackets are the best to trap in heat, however, in heavy rains the down absorbs moisture and as it loses its “loft” and its insulation value falls. Fleece is a good all-around choice, not as effected by water as down and traps in a good amount of heat. Synthetic down is the best for heavy rain and does about the same as a good fleece. Personally, I go with the fleece.

<https://www.rei.com/product/235351/kuhl-revel-quarter-zip-fleece-sweater-mens?color=LODEN>

<https://www.cabelas.com/p/carhartt-rugged-flex-relaxed-fit-canvas-fleece-lined-shirt-jacket-for-men>

Your outer layer should be wind and waterproof but still have adequate ventilation. Most mainstream outfitters will say **Gortex** or nothing. I have owned many outer shells that are much cheaper and perform just as well as expensive **Gortex** options. Even though my **Gortex** was with me all the time in the Marines, I was constantly retreating the outside and zippers. Here are my picks for cheaper options and my pick if I wanted to go **Gortex** again.

<https://www.rei.com/product/216778/fjallraven-hc-hydratic-trail-jacket-mens?color=BLACK>

<https://www.cabelas.com/p/guidewear-xtreme-parka-for-men>

<https://www.cabelas.com/p/cabelas-instinct-barrier-gore-tex-jacket-for-men>

Sun Protection

Sun protection is straightforward—pack essentials like sunscreen, a wide-brimmed hat, sunglasses, long sleeves, and pants to shield yourself from UV exposure.

5 – Cover (Shelter)

Primitive shelters can be fashioned in a pinch, but these should not be your primary plan. I go over how to build primitive and modern shelters in the Emergency Shelters course. What I pack for shelter changes based on the climate, location, terrain, and activity. However, at a basic level I keep a SOL Emergency Bivy & Blanket system in my packs. This system is about the size of a soda can, or you can get the larger version which is the size of a small pillow.

<https://www.surviveoutdoorslonger.com/products/emergency-bivvy-xl-w-rescue-whistle>

<https://www.surviveoutdoorslonger.com/products/escape-bivvy-orange>



As the distance from civilization increases and the chances of inclement weather increase, so do my capabilities. I will often pack a waterproof tarp w/ gromets, 550 Cord, and small 5-in metal stakes or I will carry a one-person bivy/tent system with an appropriately rated sleeping bag. Along with that, I always pack an inflatable sleeping pad or a ridged pad to keep my body off the cold wet ground. Do not forget to pack extra for little ones and pets.

Although an all-purpose blue tarp from your local HomeDepot may work, it's not recommended, as these are poor quality and tear easily. At the cheaper and lighter end, I recommend something like the **Trailbreak Tarp from REI**.

<https://www.rei.com/product/177675/rei-co-op-trailbreak-tarp>.

My preferred tarp is a bit heavy and doesn't pack down small, but it is waterproof, strong and lasts forever. An oil-skin tarp like the **Gray Beaded Green Beret** tarp is tremendous.

<https://graybeardedgreenberet.com/products/tentsmiths-oilskin-tarp-with-reinforced-center-loop>



For a tent I go with something like the **Hornet OSMO™ Ultralight Backpacking Tent from Nemo**. I recommend avoiding cheap amazon or Wal-Mart tents. These end up not

being waterproof, lack sufficient ventilation (which leads to condensation which will kill in the cold), are heavy, bulky, and won't last more than a trip or two.

https://www.nemoequipment.com/collections/ultralight-tents/products/hornet-osmo?_pos=1&_fid=0fef652aa&_ss=c&variant=42032586916013

6 – Compass (Navigation)

The most common cause for Search & Rescue teams to be called out is for a lost day hiker. All too often this occurs when hikers get distracted or take a wrong turn on a simple hike. Being able to navigate is essential to survival. This does not mean pulling out your phone and using google maps or similar applications to find your position or even relying on a purpose-built GPS unit. These units run out of battery, get damaged, may be unreliable in certain climate and terrain, and breed one of the biggest killers in the wild, complacency.

I would be lying if I said I did not use them as a primary and secondary means of navigation, however, as part of every good system, you should use a PACE plan. Primary, alternate, contingency, and emergency plan. My primary source of navigation is my phone, alternate is my GPS unit, contingency is using a mesh node coupled with a phone with ATAK software, and my emergency is the standard map and compass. Even though my map and compass are for emergencies, I will often consult them. Before you get into buying fancy GPS units or trying to figure out mesh nodes, I recommend learning how to read a map, work a compass, and terrain associate. If this interests you, sign up for my Navigation/Orienteering classes.

Navigation Apps

Depending on your interests there are quite a few navigational apps out there. Some free and some with paid versions. As with most things, the paid versions are generally better. The two primary applications I use are **onX Hunt/Offroad/Backcountry** and **All Trails**.

onX Hunt/Offroad/Backcountry offer different map overlays such as satellite and topographic. You can set waypoints, create routes, determine location coordinates, and record your track. The app does need a little more advanced knowledge of how mapping apps work, but it is my go-to workhorse.

<https://www.onxmaps.com/>

AllTrails is simpler to use, and you can follow pre planned routes on most known trail systems. You can search for existing hikes around the US and download offline maps that will work with your phone's GPS signal. I like this app when I want to see if a hike is worth the view, the best show times, and updates on closures and more details.

<https://www.alltrails.com/>

GPS Units

GPS units come in a variety of styles. Low tier versions without maps with simple bearing and coordinate readouts to tablet style touch screen versions with high resolution maps and satellite photos.

The **eTrek 22x by Garmin** is an excellent mid-tier device. It comes with built-in color topographic maps and can load most of the downloadable maps from Garmin website. This is a great pick if you want a device that will work straight out of the box.

<https://www.garmin.com/en-US/p/669244>

My personal preference for a dedicated GPS unit is **Garmin's 66i** series with **InReach** capability. **InReach** being a satellite-based locator, emergency beacon, and messaging device. The **66i** normally lasts me 3 days of continuous tracking and be easily extended out 1-2 weeks with minimal use. Having the **InReach** capability gives me peace of mind when adventuring.

<https://www.garmin.com/en-US/p/623975>

If you're looking for low tier my backup unit is the trusty **Garmin Foretrex 401**. Issued to me while in the Marine Corps this GPS is simple to use, accurate and about the size of a key fob. This unit was discontinued but is still usable if you can find one on eBay. The upgrade to this is the **Foretrex 801 and 901** series.

<https://www.garmin.com/en-US/p/858933/pn/010-02759-00>

Less notable is GPS watches. These will do in a pinch but lack the usability of a handheld. A GPS watch is nice, but I do not consider it as a part of my PACE plan.

Map & Compass

Now that I have the lazy options out of the way, let's go over maps and compasses. Just like most equipment, the end user must understand how they work. If your plan is to use a road atlas and a button survival compass on the bottom of your METAL knife, search & rescue is in your future.

I recommend high-quality topographic maps with shaded relief. When selecting your map, you need to ensure that the trail system, road, river, etc. you will be traveling along is depicted. You also need to make sure your map is not too large that the minor features are obscured or not included. My recommendation, if you cannot find a pre-printed map from REI or something alike, you should use a mapping website to print out 1:12000 or 1:24000 scale map. These are large enough to cover the general area you can travel on foot during an average adventure, but detailed enough to show minor features that may help you with navigation. Couple this with a USFS or state forestry service map of the region to ensure you can make it back to civilization.

My go-to mapping website is Cal-Topo. Once you get a hang of the website you can produce high quality maps within seconds and map every adventure. On the website you can also map your own waypoints, routes, analyze travel statistics and even order waterproof maps for your recurring outings.

<https://caltopo.com/>

For compasses, DO NOT go cheap. Buying the small button compasses on the end of a carabiner or ones that fit on your watch strap may seem smart for weight and bulk savings, but these are faulty 99% of the time. Compasses work based on magnetism. The next time you see a carabiner mounted compass, stand in one place, and turn in a circle, the compass will not rotate, the north seeking arrow is pointed at the metal carabiner.

A proper compass that is useable in tandem with a map will have a baseplate, bezel ring, bearing readings and other features like this. There are two general types of compasses people go for when navigating. Military style lensatic compasses and baseplate compasses. Although lensatic compasses are easier to use, the cheap lensatic compasses lack adjustability, are poorly made and the proper versions cost more than a standard usable baseplate compass.

I recommend the baseplate compass for these reasons. The mid-tier baseplate compasses outshine their lensatic counter parts 9 times out of 10 and often include additional features for advanced users. When selecting a good baseplate compass at a minimum I look for the following: (theses terms are fully covered in our Navigation class).

1. Adjustable Magnetic Declination
2. Back Azimuth Readings
3. Straight Edge Ruler or Scale Bar
4. Global or Free-Floating Needles



My go-to baseplate compass is a **Brunton TruArc™ 20 Luminous Compass**.

<https://www.brunton.com/products/truarc20-compass-luminescent>

If this is bit out of your price range the **Brunton TruArc™ 3 Compass** will do fine.

<https://www.brunton.com/products/truarc-3>

7 – Cutting (Tools)

There is a large list of tools you can pack away to help you in every scenario you can think of. However, there are 5 things I recommend for any scenario. A knife, multi-tool, paracord, battery bank, and a repair kit.

Knife

I always carry a pocketknife on me everywhere, however, in my packs I also carry a thick full-tang fixed blade knife at least 6-inches in length. Having a thick spine and full tang design (where metal of the blade and the metal under the handle is one piece), you can use these knives to help build shelters, split wood for kindling, and many more uses that would cause a folding knife to break. You do not need to go expensive for this, but you want to make sure your getting quality steel and craftsmanship. The gas station machete is not the tool for this job.

I have a few different knives that I circulate in my kits, such as **Benchmade, Buck Knives, Kershaw, and Spartan Blades**. Here are a few good choices.

<https://www.benchmade.com/products/163-1>

<https://www.buckknives.com/product/february-2025-buck-of-the-month/?sku=0891GRSBOTM-B>

<https://www.buckknives.com/product/863-selkirk-knife-with-fire-starter/?sku=0863BRS-B>

<https://www.montanaknifecompany.com/products/the-marshall-orange-black>

Multi-tool

Having a Leatherman or Gerber like muti-tool in my pack is a must. Depending on your personal needs for tools there are many different options. At a minimum I recommend that the multi-tool has a knife, saw and wire cutters built into the pliers. Pick a multi-tool that will help you repair gear and clothing, adjust equipment, and that helps you with fire and shelter building. Here are my favorites.

<https://www.leatherman.com/signal-439.html>

<https://www.leatherman.com/wave-10.html>

<https://www.gerbergear.com/en-us/shop/multi-tools/all-multi-tools/stakeout-spark-coyote-brown-1070225>

Battery Bank

I recommend carrying a battery bank to recharge your cell phone. The battery bank should have a capacity to recharge your phone from empty at least two times. If you're going to use the battery bank to charge other items like a headlamp, flashlight, or GPS unit make sure you get one large enough to accommodate all these items. There are a few battery bank options that come with a solar panel or just solar panel chargers, I personally avoid these. The PNW does not get a lot of sunlight most of the year and most of the areas that I adventure in are heavily wooded, so the solar system is not reliable. I do have one for when I do trips to the Southwestern US to places like Moab. On top of the battery bank make sure you pack extra batteries for any non-rechargeable pieces of gear you may have.

<https://www.bestbuy.com/site/best-buy-essentials-20w-20000mah-portable-charger-for-most-smartphones-tablets-and-usb-devices-black/6583836.p?skuld=6583836>

<https://www.rei.com/product/190753/biolite-charge-80-pd-power-bank>

<https://goalzero.com/collections/waterproof-power-banks-usb-c/products/venture-35-nomad-10-kit>

Repair Kit

Your specific repair kit should be tailored to you and your gear. I have a standard kit that includes a sewing kit, a small roll of duct tape (wrapped around the BIC lighters), super glue, electrical tape, spare pack straps and clasps, and a few denim/canvas patches. Then I have a few kits that are made up of specific pieces of gear like a bike kit, fishing rod kit, rifle/pistol/bow kit (Hunting), etc. The easiest way to find out what you need in your kit is to get out there and see what fails, of course in a safe location.

8 – Candle (Illumination)

For illumination I recommend having a headlamp and a handheld flashlight at a minimum. For the headlamp I would go with a version that has a high-low setting, white and red light, which is lockable. Shoot for a good medium between high lumens, high candela, and battery life. For the handheld flashlight I would shoot for one that has a high low setting with the highest lumen and candela lasting around 2-4 hours and the low setting lasting 12+. The headlamp will be your primary means of light for working around camp, walking on the trail etc. The handheld flashlight, at least for me, serves as a signal device or deterrent for animals. Some of my favorite brand's REI give good price reductions. Companies like **SureFire** are great but their prices are 2-3x higher for the same quality.

<https://www.rei.com/product/234625/fenix-pd36r-pro-rechargeable-flashlight>

<https://www.rei.com/product/171386/fenix-ld30-rechargeable-flashlight>

<https://www.rei.com/product/202774/black-diamond-spot-400-headlamp>

<https://www.rei.com/product/239494/black-diamond-distance-lt-1100-headlamp>

<https://www.rei.com/product/204684/fenix-hm50r-v20-rechargeable-headlamp>

<https://www.rei.com/product/225709/black-diamond-distance-1500-headlamp>

9 – Casualty Care (First Aid)

First aid is one of my highest priorities when packing. This is part of my kit that is constantly evolving. My kit changes if I am alone or with others, the type of adventure, if I am carrying a firearm, the level of training in the group, the size of the group, etc. My Wilderness First Aid Class dives deep into the different types of injuries and aid that you may need. Here I will cover my recommendations on the bare minimum items you should carry. This first aid kit may be used by a knowledgeable stranger so there will be items you may have no training/experience in using.

As Stop the Bleed training has become more prevalent in society the average first aid kit has advanced from band aids and sting wipes to what the military refers to as the Individual First Aid Kit or IFAK. These are set up to treat injuries in-line with the ABC's or MARCH protocols. Basically, you want to have enough aid to treat breathing issues, bleeding, burns, bites/stings, and breaks. The first aid kits you can buy at REI or Cabela's are only set up for minor inconveniences and not to treat major issues. Here is a list of my recommended items in your first aid kit and a few links to prepackage components. This is an absolute bare minimum; most prepackage kits will come with extra gear. I recommend getting a prepackage kit and adding the items on the list as needed to that kit. Adjust the quantities based on your needs.

- Dedicated First Aid Pouch or Bag
 - o Gloves (Nitrile)
 - o Tape (Athletic)
 - o Mole Skin
- Breathing
 - o Nasal Pharyngeal
 - o Oral Pharyngeal (Optional)
 - o Chest Seal X 2
 - o CPR Mask/Face Shield

- Bleeding
 - o Tourniquet X 2
 - o Pressure Bandage X 2
 - o Packing Gauze X 2
 - o Rolled Gauze X 2
 - o Hemostatic (QuickClot) X 2
 - o Boo-Boo Kit (Bandages, Band-aids, Antiseptic Wipes, Neosporin)
- Burns
 - o Sterile Gauze/Burn Dressing
 - o Burn Cream
- Bites/Stings
 - o Sting Wipes
 - o Antiseptic Wipes
 - o Anti-itch Cream
- Breaks
 - o Ace Bandage X 2
 - o Finger Splits
 - o SAM Splints (Legs + Arms) (Optional)

<https://rhinorescuestore.com/collections/medic-packs/products/rhino-17pcs-tactical-trauma-kit-emergency-first-aid-stop-the-bleed-ifak-refill-supplies-combat-wound-care-dressing-pack?variant=45094364348597>

<https://www.rei.com/product/814928/adventure-medical-kits-trauma-pak-with-quickclot-kit>

<https://mymedic.com/products/myfak-firstaidkit>

<https://mymedic.com/collections/medpacks>

<https://store.nols.edu/products/med-kit-4-0>

10 – Communication (Signal)

Communication or signaling is a wide category. Communication can start with a simple phone call to emergency services up to using a high vis panel to signal passing aircraft. As a primary, having a fully charged cell phone with a back-up battery bank is a good start. Next down the line in my PACE plan is using my **Garmin InReach** capable GPS unit to either send a message to my wife or to trigger the SOS function. As a contingency, if those fail, I rely on a GMRS (General Mobile Radio Service) capable radio. For the novice user I'd recommend a simple FRS (Family Radio Service) radio like a **MIDLAND** from Wal-

Mart/Cabelas etc. For emergencies I carry two options, a Signal Mirror and a High Vis Panel. To round this set out I'm looking to add a satellite phone. I also carry a whistle.

Base Level GMRS - <https://baofengtech.com/product/uv-5x3/>

Mid-Tier FRS - <https://www.cabelas.com/p/midland-x-talkers-t299vp4-outfitter-2-way-radio-pack>

InReach - <https://www.garmin.com/en-US/p/765374>

High Vis Panel - https://offbase.co/products/vs17-signal-panel?_pos=14&_sid=1e5def54e&_ss=r

Signal Mirror - <https://www.surviveoutdoorslonger.com/products/rescue-flash-floating-mirror?srsId=AfmBOoqW9ONL8BatSlRcM1IFaRo8CaFE8TgYT0q7to1PXHlCp3U4ZBb8>

11 - Cordage

For paracord I carry 10, 20ft lengths of 550 paracord (550lbs tensile strength) and a 100-200ft bundle of 550 paracord. The 20ft lengths are great for building shelters, tying gear up, used in creating splints for injuries and tons of other uses. The 100-200ft length is for extra if needed. Along with 550 paracord I carry 100-200ft of either bank line or 100 paracord (100lbs tensile strength) . Both are used for my tarp shelters (as prussic knots), improvised fishing line, extra shoelaces, stitching material for tent/tarp repair etc. Make sure your main cord is real 550 paracord or stronger, especially if it will be used in lashing for shelters and other structures.

<https://www.paracordplanet.com/paracord/550-mil-spec-paracord/>

<https://a.co/d/34TDTv9>

<https://graybeardedgreenberet.com/products/36-bank-line-durable-tarred-mariners-line-for-outdoor-and-survival-use>

12 – Combat (Protection)

Common sense is the best protection out there. Avoid sketchy areas, keep up with animal sighting, follow posted signs, and when possible travel in groups. Gear wise at a bare minimum (no pun intended), I recommend bear spray be added to your packing list. Bear spray will work on bears, dogs, coyotes, cougar, humans and in-laws alike. As a deterrent if you're in bear country I recommend investing in some bear bells, this will help you not come up with a bear or other animal and surprise it. If you're opposed to using bear spray a large walking stick can help in those tense situations.

For me, if it is legal, I do carry a sidearm. When going down this route I recommend seeking proper weapons training, you research your local laws for carrying a sidearm, and you plan on using this item as a last resort.

Summary Packing List

This list covers the minimum items recommended for all scenarios. Additional gear will be needed to meet the expected adventure. For example, an emergency bivy system will suffice for emergencies, however, if you PLAN to sleep over night, bring a proper sleeping system.

1. Container (Water)
 - a. Water Bladder/Bottle
 - b. Titanium/Steel Cup
 - c. Water Filtration System
 - i. Chemical (AquaTabs)
 - ii. Physical (LifeStraw / Sawyer Filter)
2. Calories (Food)
 - a. High Calorie Long Lasting Ready to Eat Rations/Meals
3. Combustion (Fire)
 - a. 3 Ignition Sources
 - i. Ferro Rod
 - ii. Strom Matches
 - iii. Bic/Zippo Lighter
 - b. 3 Tinder Sources
 - i. Paraffin-Soaked Wood Shavings
 - ii. Paraffin-Soaked Compressed Cotton Tabs (Quick Tabs by SOL)
 - iii. Cotton Balls Soaked in Vaseline (Petroleum Jelly)
4. Clothing (Insulation + Sun Protection)
 - a. Base Layer – Moisture Wicking **NO COTTON**
 - b. Mid Layer – Fleece, Down, or Synthetic Down
 - c. Outer Layer – Thicker/Heavier version of the Mid Layer (May be Water/Wind Proof)
 - d. Shell – Water & Wind Proof Layer
 - e. Accessories – Gloves, Beanie, Sharf etc.
 - f. Sunscreen
 - g. Sunglasses

- h. Hat
 - i. Long Sleeve Shirt
- 5. Cover (Shelter)
 - a. Emergency Bivy/Blanket
 - b. Tarp or Tent
- 6. Compass (Navigation)
 - a. Phone w/ Navigation Apps (AllTrails, onX Hunt/Trails etc.)
 - b. Compass w/ Topographical Maps of Area
 - c. GPS Unit
- 7. Cutting (Tools)
 - a. 6" Fixed Blade Full Tang Knife
 - b. Multitool w/ Saw
 - c. Battery Bank
 - d. Repair Kit
- 8. Candle (Illumination)
 - a. Head Lamp w/ Spare Batteries
 - b. Handheld Flashlight w/ Spare Batteries
- 9. Casualty Care (First Aid Kit)
 - a. Body Substance Isolation – Gloves
 - b. Breathing
 - c. Bleeding – Traumatic and Minor
 - d. Burns
 - e. Bites/Stings
 - f. Breaks
- 10. Communication (Signaling)
 - a. Phone
 - b. FRS/GMRS Radio
 - c. InReach Sat Communicator
 - d. Signal Panel
 - e. Signaling Mirror & Whistle
- 11. Cordage
 - a. Paracord (100-200ft)
 - b. Bank Line (100ft)
- 12. Combat (Protection)
 - a. Bear Spray
 - b. Bear Bells
 - c. Large Walking Stick
 - d. Firearm