



# SURVIVAL KIT ESSENTIALS

⋮

PART OF THE  
*AHEIA "O.W.L. SERIES"*

**OUTDOOR WILDLIFE LEARNING**

*MODULE #3*



# SURVIVAL KIT ESSENTIALS

A survival kit is often an item you aren't sure when you'll need it, until you need it.

In some situations, having a survival kit might just mean you're a little bit more comfortable, but in others it could be what allows you to make it home safe. There's a number of different criteria to take into consideration when designing your survival kit and considering what best suits you is most valuable.

In this book we will be explaining the importance of a good survival kit and giving you a piece by piece breakdown of what we consider to be the essentials when putting one together!

Following are some ideas and pictures for you to consider. Assemble all your materials and let's build a survival kit with these considerations and others that may be even more specific to you.



[www.AHEIA.com](http://www.AHEIA.com)

*Working to Conserve Alberta's Wilderness Resources through Education and Communication*

# The Shell

A crucial first step is determining what you're going to be using to contain your kit! Something to consider is that while this is the package to the kit, it could also serve a purpose in a survival situation. Another important thought is of course the size and weight. You don't want to feel burdened by bringing the kit along or you may sometimes opt to leave it behind, but you need something that can carry enough supplies to be effective. Below are 3 different options you could use.



This survival kit is made from a small tin, which can double as a cooking device or potential for boiling a small amount of water. It's small enough to fit in a pocket, so you won't have reason to ever leave it behind.

This option is to build a small belt pouch to carry your personalized survival kit, or if you would rather, buy one of many commercially available belt pouches. The tin described above fits in this belt pouch.



This option is fairly self-explanatory. The use of a water bottle provides a strong waterproof seal and can be used to carry drinking water or other materials if the need arises.

# What works best for you?

Because of the size, weight, durability, and multi-use, we are going to build our kit in the tin. The water bottle style may work better for you, but we have used the tin style kit for years and made thousands in our different programs, and at the time these photos were taken this particular kit was around 40 years old! A great benefit to the tin is that small wires can be fashioned to hold the can over flame or coals (these wires fold up and are stored in the tin). This is an important tool for survival as it gives you the ability to purify water by boiling it in the tin. After heating up the tin we can place a stick under the wires for removal from the heat.



Now, let's talk about what we want inside.



Yes... all this fits into that little can.

[www.AHEIA.com](http://www.AHEIA.com)

*Working to Conserve Alberta's Wilderness Resources through Education and Communication*

**Let's break down the specifics of the contents above!**

## Signals

Tools to signal will be something you want in the kit. There are many flare pencils and survival mirrors available on the market. We will also mention tinfoil for uses including reflecting light for signals.



Here is an example of a small flare pencil and 3 small flares that when fired present good locating information for searchers.

## Fishing Equipment

Fishing lures are small and can be very handy in providing food. A supply of fishing line is an important companion here as well. You don't need a lot, but a variety of lures and line size will be helpful and take up very little space.

You can see in this photo just how easy it is to compact a few valuable pieces of fishing gear into a small bundle ready to be added into your kit.



[www.AHEIA.com](http://www.AHEIA.com)

*Working to Conserve Alberta's Wilderness Resources through Education and Communication*



# Fire

Often the first thing associated with survival (and rightfully so) is fire. One of the most important pieces of your kit is a fire starter or other methods of lighting a fire. A fire will cook food, warm you up, dry your clothes, signal for help, provide light and security and much more. If you are not using strike anywhere matches, ensure you have at least a portion of the striker from the original packaging. A flint and steel is a great option since it can still be relied upon under wet conditions.



Pictured here alongside the matches and piece of striker is a reliable Flint and Steel that can be purchased from AHEIA, part of our collection of different fire starters.

# Cutting Tools

Having a cutting tool can be helpful. Safety razor blades with one side protected are wise, as well as a pocketknife with a couple blades. There are a number of uses these could come in handy for. We all know having a multi-blade knife is helpful for only carrying one tool that has multiple uses, and this is especially useful when putting together a survival kit.

Here we have included a small multi knife as well as a safety razor blade. Both very useful and compact.



# Tin Foil and Plastic

A supply of tinfoil is both a helpful cooking tool and great reflective surface for signaling. Plastic has a thousand uses and plastic bags can be used to keep the contents of the survival kit together when the can is in use or carry a small supply of water.



Here we have packaged up both materials nice and small in order to fit within the kit. Both of these are great multi-purpose items which is important to consider when questioning if an object is worth its space inside your kit.

# Wire

Snare wire in various sizes and colors as well as strong string or thread, whatever you can fit in your kit is a necessity. These can be used for snaring, securing equipment and tools and even repairing your boots or other gear.

We mentioned when selecting our container that it was easy to rig up the tin with some wire and have a cooking device that can prepare food or make your water drinkable.



# First Aid

While a survival kit is not a first aid kit, carrying a few essentials is wise. Any necessary medications, antihistamine for insect bites and/or allergies, and pain killers can come in very handy. Moleskin for blisters and a few Band-Aids are a good idea. We will be building an emergency first aid kit in another module and suggest that you carry both. For your survival kit, personalize it as you see necessary.



Especially when also carrying a first aid kit you won't be needing much in your survival kit, however it doesn't hurt to carry essentials for injuries like splinters and small cuts.

## Nails and Arrowhead

Nails can be used a number of ways including to fashion a weapon or secure wood. An arrowhead could make a good point on the right size piece of wood and be used to secure food. Both take up a reasonably small amount of space but serve several purposes.

You don't need to be too specific on what size of nails you bring along, but use what makes sense for your own kit.





# Pencil and Paper

Paper and a pencil can be helpful for leaving messages in the event you need to leave your location, and you can also do some journaling to help pass the time. Boredom is a tremendous factor inhibiting survival. Pencils are better than pens as they can be sharpened and don't run out of ink or freeze.



Just a few bits of paper and some sort of small pencil are all it will take to serve its purpose. You might cut up a larger piece of paper into sizes that fit better for you.

# Compass

A compass is an essential survival tool, but make sure you know how to use it and don't wait until you are lost to learn. They come in many sizes, so find one that will best fit in the container that you choose for your personal needs.

Carrying a map of the area you are in is a great habit to have. You might not fit it in the survival kit, especially if you go to more than just one area, so the map might have to go in your pack.



# Food

While we can survive without food for several days or longer, small sources of nourishment are easy to carry and can also provide a tremendously calming influence in your survival situation.



We recommend oxo cubes, tea bags, coffee, and other such packets that are available in a variety of flavors and sizes. You can use your tin to boil up some water for these!

# Tape it

Once everything is assembled and neatly stored in the can, you can wrap the edges with strong tape that will waterproof your kit as well as may come in handy in a survival situation.

You wouldn't want the contents of your kit to get wet as it would certainly shorten the lifespan, plus tape always seems to come in handy.





**AHEIA offers numerous resources and training to ensure  
the safe and responsible use of the great outdoors.**

Our mission is to

***Make wildlife and fish part of the value system of every Albertan.***

Courses, manuals, seminars and workbooks, such as this, proactively educate the user to be safe and to enjoy their wilderness experience while perpetuating Alberta's vast natural heritage.

This workbook is one in a series of informational, entertaining and proactive materials produced for Conservation Education.

For more information, or to review additional resources, please visit our website or contact us directly.

**Alberta Hunter Education  
Instructors' Association**

911 Sylvester Crescent SW  
Calgary, Alberta T2W 0R8

Telephone 403.252.8474  
[www.aheia.com](http://www.aheia.com)



***WORKING TO CONSERVE ALBERTA'S WILDERNESS RESOURCES THROUGH EDUCATION AND COMMUNICATION***