

## Emergency/Survival Kit

We have been talking about the details of an emergency kit, at the meetings.

The basic premise is, a small watertight kit, that each Scout will carry with them, when on hikes or at camp, containing basic items to assist with either normal camping, or short term survival in the event of an emergency in the woods.

It is a requirement of most camps, that each Scout have their kit with them, so please finish and bring them. (and then show us!)

The idea is simple, in that you keep this kit ready to go, so that at any time you go on a hike, camp, etc, you've got something with you that you can count on.

The size of the box, is dependant of course on the size of the items, but could be something as simple as a small sandwich size Tupperware. (with their name on it of course, and labelled for what it is)

Here is a list of **suggested items**, which you may of course enhance if you wish: (it's an all-season list, and my own is actually a lot longer)

Emergency food (bouillon cubes, soup packets, or the like)

Energy snack (sealed granola bar, or the like)

Matches (waterproofed, or in container)

Compass

Insect repellent (you may want to remove this item in the winter)

Small folding knife

Fishing line

Fish hooks/lures

Thin wire (3m, snare wire)

First aid adhesive tape

Sealed Gauze Pad

Pencil/Paper

Aluminum foil (3 sheets square – or more, folded up small and flat)

Water purification tablets

Whistle (*loud Fox40 type, we have some, ask!*)

Good fabric adhesive bandages

Mirror (or other reflective signal device, like an old CD)

Fire-starter material or candle

Reminder notes, on what to do when lost.

*(cut the list out and take it along) -->*

**If you think of anything else, add it. Share with us. Others may agree!**

Questions?

Ask



### **I am Lost... What do I do?**

- \* Stay calm and relax. Someone will come to find you.
- \* Do not climb a tree or hide under logs, **STAY IN ONE PLACE**
- \* If you are with a friend or pet, stay together
- \* Keep warm and dry. Cover your head and zip up your jacket  
You can use a garbage bag to make a poncho  
Do not lie on bare ground. It will make you colder
- \* Protect yourself from wind and rain by finding a sheltered place near a clearing
- \* If night comes, make a survival shelter or bed to keep you off the ground and keep you dry
- \* Make a small fire if it is a cold night
- \* Put out something bright for searchers to see such as a bandana or coloured garbage bag
- \* Make 3 signals - fires, whistles or yells - to alert searchers to your location
- \* Wild animals don't like to be near people. If they sense you are near they will run away.
- \* If you hear a noise, make a noise back. If it is an animal it will run away. If it is someone searching for you then they will find you.
- \* Remember, Mom and Dad won't be made because you are lost, they will be very happy to see you again.
- \* Sing, whistle or tell yourself a story if it helps to make you feel better.
- \*\*\* Always S.T.O.P. - Stop, Think, Observe and Plan. Decide on a plan and stick to it. If the last know location is within a reasonable distance, try to go back to it but if you can't find any recognizable landmarks then stay put.