Survival Kit (from http://www.inquiry.net/outdoor/skills/b-p/survival.htm)

You should always carry a knife, matches in a waterproof container, a compass, and a few bandaids. These items are normally enough under normal circumstances. However, in order to live up to our motto: "Be Prepared", you should carry a personal survival kit every time you go into the wilderness.

Here are some ideas that you might consider having in your personal kit:

Waterproofed matches

50 yards or meters of 25 lb test fishing line

10 fish hooks of various sizes

2 small fishing lures

Pencil and small notebook

5 yards or meters of snare wire.

Water purifying tablets

2 folded 10 yard or meter strips of tinfoil

Whistle

50 feet or meters of parachute cord

Roll of surgical adhesive tape.

10 band-aids

Roll of dental floss (to be used for making shelters)

Compass

25 extra strength Tylenol (with permission of you parents)

4 bouillon cubes

10 hard glucose candies

10 Teabags

Small penknife

These items should be packed into a small tin can (which can be used as a pot to boil water), and sealed with duct tape. The emergency kit should then be placed in the bottom of your backpack and left there.

An alternative method is to carry these items in a backpacking or "fishing" vest so that they are always with you in case you are separated from your backpack.