

# **BUJANDA'S SURVIVAL KIT**

## **CHECKLIST**

### **CABIN BACK PACK CHECKLIST**

#### **FIRST AID (Plastic Bag or Pouch)**

- Personal Medications

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- Acetaminophen Tabs (10)
- Ibuprofen Tabs (10)
- Vitamin Caps (10)
- Loratadine Tabs (10)
- Chlorpheniramine Tabs (10)
- Antacids (10)
- Triple Antibiotic Ointment (Small)
- Hydrocortisone Cream 1% (Small)
- Gauze pads 2" x 2" (2 / person)
- Band Aids and Patches (Assorted)
- Gauze Bandage (1 / person)
- Elastic Bandages (1 / person)
- Waterproof Tape (10 yard roll)
- Thermometer Strips (4)
- Scissors
- Gloves (2 / pairs)
- Antiseptic Towelettes (2 / person)

#### **FOOD**

- Tuna (2 cans / person)
- Nuts (2 small bags / person)
- Cereal (One Ration Boxes)
- Crackers / Cookies
- Water (½ quart / person)
- Tea Bags
- Sugar / Sweetener Packets
- Juices (Soft containers) (2 / person)
- Candy
- Other

### **PERSONAL CHECKLIST**

- Caps and Hats
- Jackets and Blankets
- Other Useful Personal Belongings

#### **TOOLS / SUPPLIES**

- Compass
- Flashlight
- Batteries (4)
- Whistle
- Matches (2 boxes)
- Candles (2 boxes)
- Fire starters (4)
- Multi-Knife
- Mirror
- Safety Pins (4)
- Sealable Plastic Bags (1 big / 2 small / person)
- Utility Cord (Polypropilene) (20 feet)
- Mylar Blankets (1 / person)
- Bathroom Tissue
- Lens Cleaning Supplies
- Automotive Flares (Ground) (3)
- Marine Flares (Air) (3)

#### **IF LEAVING SITE ADD:**

- Personal Documents
- Sectional Chart
- Cell phone
- Notepad
- Pencils / Pens
- Caps and Hats
- Jackets and Blankets
- Personal belongings

**TURN ELT ON**