

Wilderness Survival Kit Items

Did you know the average person can survive up to 3 months with no food... but just 3 days with no water and 3 hours outside of their core body temperature? Knowing this, things to include on your survival kit listing and carry on your kit may literally mean the difference between life and death in just a few critical minutes or hours.

The good news is, it is possible to greatly increase your probability of survival...in case you've got the proper supplies with you (also know how to use them).

In this post, we'll explore 13 significant survival items you'll have to help you come out alive on the other end of disaster or should you get lost in the wilderness.

In theory, the longer critical survival items that you carry with you, the easier it'll be to survive...

On the other hand, the flip-side to this is the more items you include in your [survival kit](#) listing, the more bulk/weight you enhance your person. Obviously, you can't carry every wilderness survival tool you come across because it would quickly become impossible to transport them all. Actually, based upon the situation and season you're in, you may not even need every item.

But that said, there are some core survival essentials which you should always have available on your survival kit.

Here's my take on 13 significant survival items you Want to pack (such as a few really important bonus items to consider):

Starting a fire in the wilderness is among the most important things you need to be able to perform if you're to endure the cold, battle off hungry predators and cook yourself a meal. If you are reading this, you probably already understand you must be armed with essential fire beginning skills and possess a method of starting the fire. This is the point where a trusty fire starter becomes the number one crucial survival item to have on you at all times.

In fact, I recommend using at least three means of starting a fire on your survival kit. You shouldn't take chances with fire newcomers. I carry matches, a bic lighter and a striker. Supplement this by packing some tinder and other light aids such as InstaFire Fire Starter, too. I take all my passion starters in waterproof containers and store them individually and within easy access in my kit.

SURVIVAL KNIFE

Chances are, you will have to do a lot of cutting chores in an actual survival situation, and a great, reliable survival knife is going to be an ideal fit. Pick a high-quality survival knife or a multi-purpose instrument using a knife. Your survival knife should be able to skin your search, cut strings, and sharpen sticks among other applications. "Where there is two, there's one -- where there's one, there's none." If your knife fail you or you lose it, then you'll certainly need a reliable backup. Check out the Ka-Bar Becker BK2 to get a fantastic, full tang knife that will last.

MAP & COMPASS

These are lightweight and easy to pack, so there is actually no reason not to carry these with you on your [survival kit](#).

Having a map and a compass is one thing, however, you must also take the necessary steps to know how to browse and browse maps and use a compass. There are trainings and classes which will teach you the basics of the skills so you can practice by yourself.

In the event you don't have a compass, then Suunto makes an excellent one.

FIRST AID KIT

If you believe you may need to head in the wilderness in a moment's notice, make sure you have a first-aid kit onto your person at all times. A first aid kit is a critical item which ought to be available at all times. Using a dedicated first aid kit for your own vehicles is also a good idea.

General first aid kits can be a good place to start but be sure to supplement them with these items as pressure dressings to stop the bleeding in the event that injury might occur.

Adventure Medical Kits are a terrific place to start. Include a first aid pocket guide and familiarize yourself with it, particularly if you are not formally trained or experienced.

A BOW SAW

A bow saw, as simple as it is, can earn a survival scenario on a chilly night easier for you. Be sure to opt for a durable, lightweight metal framed noticed.

A bow saw is able to help you cut through logs and make firewood. It can also help you reduce down large branches to make a shelter that your survival knife may have trouble doing alone. If you figure out how to take a deer or big game, you'll need to construct a strong fire to roast your beef.

A bow saw not only gives you sufficient warmth, but also helps you set the fireplace for cooking your search.

PROPER CLOTHING

When you head into the crazy, even on a hot sunny day, you will need to plan to dress to the worst.

Hypothermia kills more people in the wild compared to any other trigger. The cold of the night should not be countered with passion, but also appropriate clothing. Always layer your clothes, remembering to wear loose, layered clothing with wool because of your under layer.

Avoid cotton as a rule of thumb. It retains moisture which makes it less insulation, tougher to dry out and heavier on the entire body. It has been proven to lead to hypothermia, pneumonia, etc.. Clothes made out of synthetic and wool materials are suggested for this reason.

EMERGENCY SURVIVAL WHISTLE

A plastic whistle kept around your neck is highly recommended just in case you become lost. Your voice may not reach far when missing, but blowing your whistle might help alert nearby people to your distress. Vinyl whistles are recommended as they are lightweight, float and will not rust.

SIGNAL/HYGIENE MIRROR

There are horrible stories where search helicopters have passed over missing people too feeble to indicate. A signal mirror or heliograph should be performed with you.

Keeping it on your first aid kit is a great way to protect it from harm and locate it easily. These lightweight, streamlined tools may reflect light in long distances indicating people far from your distress.

CORDAGE

Cordage is a common name used to describe everything from a metal cable to some nylon string. Cordage is one of the most important survival things if you need to climb steep places, drag game you've murdered, tie bundles of firewood and a whole lot more. Cordage serves many functions such as a fishing line, fabric line, food lineup and a whole lot more. Lightweight but high-quality string can make all the difference in a survival scenario. Titan SurvivorCord is a really unique multi-purpose paracord used by Special Forces and comes highly suggested because of its range of applications.

I said at the start of this article the normal person can't survive more than 72 hours without even drinking water. Even a few sips of clean water can mean the difference between life and death, but you want to be in peak performance when it counts, and also that much water is too heavy to take for anyone.

Now, you can probably find some water from the wild, but it might also make you sick coming right from the source without appropriate filtration. Possessing a survival water filter along with you can help a lot.

Water filters are important no matter but especially handy when on a trip with a group of buddies as you will go through water very quickly.

FLASHLIGHT / TORCH

Few elements can disorient even the most seasoned adventurer quicker than being shrouded in total darkness.

If you're planning to venture out into unfamiliar territory or find yourself outdoors after dark, a reliable flashlight is essential have in any [survival kit](#). The great news is that flashlights have continued to get smaller and lightweight, and more efficient and effective in the past couple of years. For among my favorite flashlights, check out the Streamlight ProTac Penlight.

Being in possession of the above mentioned crucial survival items is only one step in living a crisis situation. You still need to understand how to use them efficiently. You need to be ready in the best way possible to have the ability to endure for days. That said, two other crucial elements needed to better your chance at survival are:

KNOWLEDGE

This can not be stressed enough You must understand how to use every essential item on your survival package in order to boost your probability of survival. A fantastic example is a map and compass. Possessing a compass and map is going to be of no assistance in case you don't understand how to read it and browse your way to security.

Ensure you've got a basic understanding of every item in your survival kit before you truly need them in a true-to-life survival scenario. The ideal way to learn is to simply become familiar with all the tools and gear you build in your survival kit listing.

Additionally, there are many videos and books out there for you to learn from also. Just make sure that the origin of your information is from a legitimate expert with the expertise to back up their knowledge.

You'll be far better off if you are physically and emotionally fit to suffer the stresses of survival. Preparing a fire and building a shelter all time staying positive and optimistic can be rather draining, particularly when you've not had a proper meal. Being physically and mentally fit will only help better your odds of beating the odds.

CONCLUSION

I know that's a lot to cover in one sitting, but nothing should be taken for granted when it comes to surviving in the wild. You want to have all of the crucial survival products, understand how to use them and be physically and mentally fit to endure the demands of caring for your self. Your survival kit may contain more items than the ones we have recorded, however, these will be the essential ones that you should not forget when considering weight and space.