

* A list not meant to be all inclusive, nor that everything must be taken. *

- ◆ = INSIDE MESS KIT
- ◆ = INSIDE SMALL CONTAINER IN MESS KIT
- ◆ = SPRAY WITH WATER PROOFING

CLOTHING

- Gaiters, 16" with zipper, not lace
- Gloves or Mittens, Mask
- Hat, sun brim ◆ Hat, cold weather
- Jacket, goose down, or polar fleece ◆
- Jacket, rain & wind, with hood ◆
- Long leg underwear, Insulated (Pajamas)
- Pants, long () Detachable legs () ◆
- Pants, short () -some nylon or polyester
- Poncho (For ground cloth or rain wear)
- Rain pants Rain chaps
- Scarf Shemagh Socks ()
- Shirts, long sleeve, two pocket ()
- Shirts, short sleeve, two pocket ()
- Shirts, tank ()
- Shirts, under, short sleeve, "T" ()
- Shirts, under, long, heavy () light ()
- Suits () Sport Jackets () Ties ()
- Swimsuits ()
- Vest, goose down
- Money belt / concealed passport holder

FOOTWEAR

- Boots, lug sole (Not Gore-Tex) ◆
- Moleskin
- Sandals, ALP (invented by Ken Young)
- Shoes, leather high / low top, waxed ◆

FOOD (DRIED, CANNED, FRESH) + extra

- Beans Rice
- Bread Crackers Tortillas
- Cereal / Granola / Muesli
- Cheese Beef (also as jerky)
- Chicken Turkey (also as jerky)
- Coffee Tea (Filters) Instant
- Fruit, dried (as raisins, apples, etc.)
- Juices
- Meat (also as jerky) Eggs
- Milk, powdered / or Almond milk
- Misc. Freeze dried meals or MRE
- Mustard Mayonnaise
- Nuts, Sunflower seeds
- Oil, cooking ◆
- Pasta (Noodles, Spaghetti)
- Energy bars Protein Powder
- Salt Pepper Spices Honey
- Tuna Sardines Oysters
- Vegetables
- Vitamins / Minerals
- Water + extra () Filtration system

FISHING

- Bait Fillet Knife License
- Fish-bag and/or fish string-line
- Hooks ◆ / Flies ◆ / Lures / Weights
- Rod (telescoping?) + Reel & Line

MISCELLANY

- Adaptor, wall receptacle: International set
- Bag, nylon with handles for dirty clothes
- Bags, plastic gallon () quart () Misc ()
- Bags, trash, 33 gallon () (for poncho too)
- Band Aids, or Cotton & Tape
- Books / Magazines / Dictionary (Foreign)
- Calculator (math) Language Currency
- Camera Lenses/filter Tripod Charger
- Candles Soft lights Binoculars
- Educational media: CDs, Tapes, MP-3, USB
- Cell Phone 12V Charger 115V Charger
- Solar Charger Clock, alarm (windup) Tablet, laptop Smart Phone Chargers
- Conversion table (Volume, distance, length)
- Credit Cards Checks Trezor (Bitcoin)
- Cash Money pouch Swimsuit pocket
- Driver's License / Insurance Info. | Silver
- Medication: Ibuprofen, Aspirin, Iodine, etc.
- Exercise Sheet DmBells Rubber cords
- Flashlights, headlamp Lantern Batteries
- Games (Chess, etc.)
- Glasses Sun Goggles Reading
- Firearm(s) Ammunition
- Sling or Slingshot Balls
- Ice Chest Ice Dry-ice
- Knife, lock-open, w/ clip Runner's Tactical
- Knife repair kit Sharpener, Small diamond
- Maps Pre-plan if possible, notify family
- Matches (waterproof) ◆ Fire Steel Bic
- Notebook (3 X 5 leather case) Addresses
- Guides: Edible Plants, Fauna, local sights, etc.
- First Aid kit

NYLON LINE (Rope, see: TREKKING)

- Twine, 25 lb. test 30' ◆
- String, 90 lb. test 20' ◆ Zip ties
- Paracord, 550 lb. 32' (Bear food bag, etc.)

- Pens Map marker Paper
- Passport Visas Shot card Permits
- Traveler's Chks Tickets-air/ boat Itinerary

- Photographs (to show others)
- Radio / TV / Batteries Recorder
- Two-way Radios Whistles
- Rubber bands Saw blade (Saber, bolts to spoon or pinch/ in Vise grips) ◆

SEWING KIT

- Buttons, 1/2" & 3/4" ◆ Safety pins (3) ◆
- Needle Threader Needles, 2 sizes ◆
- Safety pins Thread 12 lb. test 30' ◆
- Snare, cable
- Stamps Postcards Envelopes
- Still, solar
- Suitcase(s) Wheeled or Transporter
- Tape, Scotch Duct Electrical 1ST Aid
- Tape measure (1/4" x 8') 12" Ruler
- Thermometer
- Watch (with alarms)
- Umbrella, collapsible

SLEEPING

- Pillow (travel size)
- Sleeping Bag Blankets Space Blanket
- Stuff Sack (Gore-Tex, use as pillowcase)
- Mattress, Inflatable or: Hammock with net
- Tent with netting or Bivouac sack

TREKKING / MOUNTAINEERING

- Ace Bandage
- Backpack, large ◆ Back-suitcase (airport)
- Bears: Food bag & cord or Bear canister
- Crampons Bear Spray
- Waist-Pack**
- GPS Compass, PLB / Sat Messngr
- Altimeter
- Hiking poles (collapsible)
- Ice axe with wrist strap
- Toilet Paper Towels, paper Napkins
- Mosquito repellent — spray / liquid
- Rope, braided nylon 1/4" x 45' minimum

UTENSILS (FOOD PREP)

- Can opener, G.I. (P-38 or P-51) ◆
- Cup - titanium or stainless (single wall)
- Egg container (2, 6, or 12 size)
- Fork (modified for fish spear) ◆
- Mess-kit** Pot gripper Oven mitt
- Pan (non-stick ceramic) / with folding handle
- Paper plates, or use mess kit
- Pot (titanium or stainless steel)
- Scouring pad (plastic & stainless) ◆
- Shower bag (doubles as water carrier)
- Spatula, tongs, skewers, mini fire poker
- Spoon, or Spork (titanium) ◆
- Siege® Stove** Fuel
- Siege® Folding Grill** **Siege® Toasters**
- Water Purifier or Tablets (See also FOOD)

BATH KIT (⊗ = OUTSIDE OF KIT)

- Brushes Tooth Hair Dish
- Dental Floss (on wishbone flosser)
- Eye drops
- Nail clipper Tweezers
- Hairbrush combination Comb (folding)
- Hair dryer / Combo Iron (115 - 230V) ⊗
- Lotion (Aloe Vera, Jojoba, Vit. E, Carmol 40)
- Mirror (can be signaling type)
- Perfume / Cologne Deodorant
- Scissors (small)
- Shampoo Conditioner Hold-Spray
- Shaver Batteries ⊗
- Soap, liquid () and/or bar ()
- Sun Block ChapStick
- Toothpaste / Baking Soda / H₂O₂ / Cup 2oz
- Towels, cloth ⊗ See: Toilet Paper above

TOOLS, ETC. (VEHICLE or BOAT TRIPS)

- Chain, 1/4" x 15' / Nylon Ties / Bungee cords
- Come-along
- Gas can Gas Oil
- Hacksaw (hollow back) 18 + 12 tooth + wood
- Hatchet, 20 oz. (combo-hammer)
- Hydraulic jack Pry-bar
- Nuts; Bolts; Screws; Washers; Nails; etc.
- Saw, e.g., Pruning 10" (with button lock)
- Screwdriver, combo (or tips for 5" Visegrips)
- Shovel (trenching)
- Table & Chairs (roll-up / collapsible)
- Tire patches Air pump with gauge*
- Visegrips 10" 7" 5"
- Wire Wrenches

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