

## SAS Survival Manual's Survival Kits

If you were going to put together a **survival kit** (not a 72-hour emergency kit!), what would you include? What follows is one of the best lists I've seen! Quite often "survival kits" are so large and heavy you'd need a wheelbarrow for them. This kit is small enough to carry, and have room to carry a lot more.

The **Special Air Service** - the British equivalent of the U.S. Navy SEALs - is a military group well known for its ability to survive anywhere and get the mission accomplished. Their pocket-sized Survival Manual tells what they recommend in their survival kits. The first section lists items in their basic kit. The other three sections are what's added for Cold Climate, Hot Climate, or Overwater missions.

### Basic Survival Kit

- |                               |                        |                   |
|-------------------------------|------------------------|-------------------|
| * Water bag                   | * Pocket Knife         | * Frying pan      |
| * Wood matches                | * Magnetic compass     | * Compressed      |
| * Waterproof matchbox         | * First aid kit        | trioxane fuel     |
| * Smoke, illumination signals | * Survival fishing kit | * Plastic spoon   |
| * Signaling mirror            | * Survival manual      | * Insect head net |
|                               | * Food packets         |                   |

### ADD: Cold-Climate Kit

- \* Saw-knife blade
- \* Saw/knife-shovel handle
- \* Attaching strap
- \* Snare wire
- \* Shovel
- \* Poncho
- \* Sleeping bag
- \* Illuminating candles

### ADD: Hot-Climate Kit

- \* Sunburn  
-preventive cream
- \* Reversible sun hat
- \* Attaching strap
- \* Snare wire
- \* Tool kit
- \* Tarpaulin
- \* Cans drinking  
water

### ADD: Overwater Kit

- \* Sunburn  
-preventive cream
- \* Reversible sun hat
- \* Boat bailer
- \* Sponge
- \* Raft boat paddle
- \* Raft repair kit
- \* Fluorescent sea  
marker
- \* Seawater de-salter  
kit

### To the above you need to add OTHER survival items you personally need!

These might include prescription medicines, a spare pair of glasses, feminine hygiene items, etc.