

Mountaineers\_Twelve\_Essentials\_Recommended\_2004.txt  
WARNING! WARNING! WARNING!

THE FOLLOWING FILE IS NOT TERMINATED BUT SOON WILL BE DONE  
ASAP IN HYPERTEXT AND WITH PIX WHEN NEED BE SO PLEASE BARE  
WITH ME TILL THEN, MUCH INFORMATION CAN BE USED  
MEANWHILE FOR YOUR ENJOYEMENT OR PLEASURE. MEANWHILE IF  
YOU HAVE ANY TIPS FOR ME SEND THEM UP BY E-MAIL TO:  
richard@io.org

MOUNTAINEER'S TWELVE ESSENTIALS RECOMMENDED BY EXPERTS OF  
ALL TYPES:

- 1) AT LEAST ONE COMPLETE CHANGE OF CLOTHING including  
extra for such contingencies as rain & cold weather
- 2) EXTRA FOOD. Include extra rations in your minimum. This  
is your insurance policy in case something goes really wrong.
- 3) SUNGLASSES. Every time you set out for a strange area  
it's good to have a pair along. If you are planning on  
desert, alpine or winter camping, it's a rare occasion that  
you will not need them. Even Eskimos worry about snow  
blindness.
- 4) A KNIFE. A substantial pocketknife is the order of the  
day. No need for bowie knife and the big sheath knife for  
those who are out to tackle bears with bare hands. A good  
swiss army knife is excellent or a Buck for bigger job.
- 5) FIRE STARTERS, jelly, ribbon, tablets or impregnated  
peat bricks. There are emergencies where a fire is both  
necessary and difficult to start. Every kit should include a  
supply of starters of one kind or another.

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- 6) EMERGENCY MATCHES. Fire starters alone don't a fire make. You need matches. Long wooden ones are best and soaked in wax to make them weather proof and keep them in a waterproof container.
- 7) A FIRST AID KIT.
- 8) A FLASHLIGHT. Everyone should carry his own and add extra batteries & bulbs just in case.
- 9) MAPS. You should have a map when going to all but the most familiar places. It's not only a safety factor but can add a lot of enjoyment to your trip, helping you to find the best spots and sights.
- 10) A GOOD QUALITY COMPASS even two might help in case the first one goes berserk.
- 11) A SPACE BLANKET. It did not exist in the first writing up of this list.

TODAY IT IS AN INVALUABLE SAFETY PRECAUTION. Weighing only 2 ounces it opens up to a full 56"X84".

IT REFLECTS UP TO 90% OF A SLEEPER'S BODY HEAT while at the same time keeping out rain, rain and snow. Not to be used as camping blanket but ESSENTIAL AS EMERGENCY GEAR FOR ALL KINDS OF USES INCLUDING SIGNALIZATION.

- 12) THIS BOOK! THIS BOOK!

ESSENTIAL PART OF THE SAS TRAINING ALWAYS WORE THEM ON YOU. It contains enough food and equipment to sustain you if you

ever have to abandon your Bergen bag it consist of:

Sugar, tea, rations such as Oxo cubes, chocolate and soup, block of Hexamine\* for fuel, fishing line and hooks and snares, a small knife.

A fishing line and hooks, snares, spoon, waterproof matches, a mug, a torch, a button compass and a small scale map of the area.

It MUST be small, compact, capable of being carried in a belt and provide sustenance for 2 days after that your combat survival skills come in or you are dead Bozo.

SURVIVAL KIT: HUDSON BAY EMERGENCY KIT !

Drawing upon nearly 300 years of experience in the wild places has prepared a watertight emergency kit particularly for use on the trading concern's aircraft.

This 11 pounds outfit which is capable of floating measures 12 X 11 X 3 1/2 inches. + this: SURVIVAL BOOK !

The content have been assembled with a view of maintaining 1 individual normally for 1 week, if the user cut down on exertion and hardship to a minimum.

And with conservative characteristic estimates that the sustenance can be stretched about 4 times as far. Here's what they include dear Rambo.

ITEMS: QUANTITY PURPOSE:

Tea bags            28 Make tea

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Vitamin Pills 50 Make up diet deficiency  
Pilot Bread 30oz food  
Butter (margarine) 16oz food

Strawberry jam 14 1/2oz. food/ Klik (spam etc) 12oz. food /  
Condensed milk 14oz. food /Chocolate bars 10 of 5oz. food

Matches (wood)100 Light fire and (2 bic lighter) Knife: 1  
multi purpose / Spoon: 1 eating, fish bait, scoop, shovel  
Whistle: 1 signalling.

1 Double face mirror signalling. (heliograph).Fishing line  
1x (100ft) = fishing, snaring, wick, string. Fishhook: 4  
fishing, catching birds. Snare wire:1oz. Setting Snares  
& other uses.

Candles: 2 cooking, light, etc Kleenex: 1 package multi  
purposes Camphor: 1 small jar mosquito bites, cuts, chap lips.

Remember to use wooden matches and to have them waterproof  
by dipping them in hot wax before going out in the bushes.

If you don't have the Hudson Bay Kit then use an army kit  
canteen which is rectangular and fit one into the other  
easily and easy to make watertight as well and has  
collapsible handle.

Bring this Survival Book in your coat pocket at all time.

S/KIT # 2: Here is another s/kit to be carried in a jacket  
pocket.

Reusable plastic tape (also seals tin)/ 2 inch gauze  
squares. / Any antiseptic / Adhesive bandages / Concentrate

chocolate. / #Bouillon cubes#

30 ft. Fishing line / Nylon leader / Various fishhooks & cork / Wooden matches dip in wax. / candle stub (for light or wet-wood fire starter.).

Aspirin / Vitamin pills, (Vita 29\*)/ Iodine water purifying tablets. / safety pins to mend clothing, single edge blade.

Needle & thread and if not otherwise carried add) steel mirror for signalling, compass, whistle, magnifying, glass, burn ointment.

Mosquito net that fold as a handkerchief & ground sheet 10 X 6Ft. 16) 2 Lighter fluid cans 5 oz.each.

DON'T FORGET TO CARRY YOUR SURVIVAL BOOK ON " YOU " AT ALL TIMES !

SURVIVAL KIT #1:

A few items can make all the difference in the fight for survival. Collect the things listed below.

They can all be fitted into a small container, such as a 2 oz tobacco tin, that will hardly be noticeable when slipped into an anorak pocket.

MAKE A HABIT OF ALWAYS HAVING IT WITH YOU.

Do not choose something bigger. You may find it inconvenient to carry and leave it out on the one occasion you actually need it.

Many people who roll their own cigarettes carry such a tin. But this one is much more useful. It may save your life. The smoker is speeding up the end of his.

Experience has proved that each item earns its place, though some are more use in some situation than in others: fish hooks for instance may be invaluable in the jungle but useless in a desert.

Polish the inside of the lid to make a mirror like reflecting surface and seal it, to be waterproof with a strip of adhesive tape which can be easily removed and replaced. Don't just forget the tin.

Regularly check the contents, changing any which deteriorate such as matches and medicine tablets.

Mark all drug containers with use and dosage and a run-out date when they should be replaced. Pack spare space in the tin with cotton wool which will keep the contents from rattling and can be used for fire lighting.

FIRE IS VITAL TO SURVIVAL:4 items are for making it.

1) MATCHES:

Waterproof matches are useful but bulkier than ordinary non safety, strike anywhere matches, which can be made shower proof by dipping the heads in melted candle fat. To save space, snap off half of each match stick.

It is much easier to use matches than to make fire by other methods but don't waste them, use only when improvised method fail.

Take them one at a time from the tin and replace the lid.  
NEVER leave the container open or lying on the ground.

2) CANDLE:

Invaluable for starting a fire as well as a light source.  
Shave square for packing. If made of tallow it is also fat  
to eat in an emergency or to use for frying.

But be sure it is tallow; paraffin wax and some other  
candles are inedible. Tallow does not store well, especially  
in hot climates.

3) FLINT:

Flint will work when wet and they will go on striking along  
after you run out of matches.

Invest a processed flint with a saw striker. Recently on the  
market you can buy a magnesium flint fire starter which is  
great on all occasion.

4) MAGNIFYING GLASS:

Can start a fire from direct sunshine and be useful for  
searching for splinter and stings and to replace lost  
reading glasses. One of the advantage of the top of the line  
swiss knife is that it has a magnifying glass incorporated  
within.

5) NEEDLES AND THREAD:

Several needles, including at least one with a very large

eye that can be threaded with sinew and coarse threads.  
Choose strong thread and wrap it around the needles.

6) FISH HOOKS AND LINE:

A selection of different hooks in a small tin or packet. Add a few split lead weight.

Remember that a small hook will catch both and large fish but a large hook will only catch big ones. Include as much line as possible, it will also be useful for catching birds.

7) COMPASS:

A luminous button compass. But MAKE SURE you know how to read it as some compass can be confusing and remember never make a reading close to any metallic surface.

A liquid type is the best but also MAKE SURE that it does not leak, has no bubble in it & is fully serviceable. The pointer is prone to rust. MAKE SURE it is on a pivot and swings freely.

8) BETA LIGHT:\*

A light-emitting crystal, only the size of a small coin but ideal for reading a mag at night and useful fishing lure expensive but just about everlasting and well worth to buy.

9) SNARE WIRE:

Preferably brass-wire - 60-90cm (2-3ft) should do. Save for snares, but could solve many survival problems.

10) FLEXIBLE SAW:

These usually come with large rings at the ends as handles. These take up too much room, so remove them, they can be replaced by wooden toggle when you need to use it.

To protect from rust and breakage cover it in a film of grease. Flexible saws can be used to cut even quite large trees, but be slow when cutting.

11) MEDICAL KIT:

What you include depends upon your own skill in using it. Pack medicines in airtight containers with cotton wool to prevent rattling. The following items will cover most ailments but they are only a guide.

ANALGESIC: A pain reliever for mild and moderate pain. Codeine phosphate is ideal for tooth-ear and headaches.

DOSE = One tablet every 6 hours as needed but they can cause constipation as side effect so will help in case of loose bowels. Not to be taken by children, asthmatics or people with liver disorders.

INTESTINAL SEDATIVE:

For treating acute and chronic diarrhoea. Immodium is usually favoured. DOSE= 2 tablets initially, then one each time a loose stool is passed.

ANTIBIOTIC:

For general infections. Tetracycline can be used even by

people hypersensitive to penicillin. DOSE= One 250mg tablet 4 times daily, repeated 5 to 7 days. Carry enough for a full course.

If taking them avoid milk, calcium and iron preparations or other drugs containing aluminum hydroxide.

#### ANTIESTAMINE:

For allergies, insect bites and stings and may also help in case of bad reaction to a drug.

Piriton is recommended in Britain and Benadryl in USA. Sleepiness is a side-effect of Piriton, so useful as mild sleeping pill. Do not exceed recommended dosages or take with alcohol.

#### WATER STERILISING TABLETS:

For use where water is suspect and you can not boil. Follow manufacturer's instructions. Water near any city is dangerous and in most cities in South America as well.

#### ANTI-MALARIA TABLETS:

Essential in areas where Malaria is present. There are types which require only one tablet taken monthly.

#### POTASSIUM PERMANGANATE:

Has several uses. Add to water and mix until water becomes bright pink to sterilise it, deeper pink to make an antiseptic and to a full red to treat fungal diseases such as athlete's foot.

12) SURGICAL BLADES:

At least 2 scalpel blades of different sizes. A handle can be made from wood when required.

13) BUTTERFLY SUTURES:

Use to hold the hedges of wounds together.

14) PLASTERS: (band-aids)\*

Assorted sizes, preferably waterproof for minor abrasions and keeping cuts clean. They can be cut and be used as butterfly sutures. \*\* Use the new burn type it doubles up in its uses for burns and cuts.

15) CONDOM:

Beside fun this can make a good water bag (1 litre).

16) 1 TAMPAX:

Beside its feminine use, it can be used to start a fire and as well as blood cloth when you cut deeply.

17) PLATE SURVIVAL KNIFE:

Hard to find but well worth it, this new survival knife is the size of your plastic money card, but made of high grade steel.

And it has 12 functions: wood saw blade, screw driver, normal blade, ruler, bottle opener, file, can opener,

heliograph from its mirror polished side etc. Only \$10.00  
The trick is to find it, there is a cheap imitation around  
but its size is much wider and bulkier.

The one I mention is the exact size of your plastic card and  
fits well into a wallet. This knife should be in your wallet  
even a spare one into your kit.

LIGHTER FLUID:

A small can of it can be EXTREMELY USEFUL to quick fire  
start and warm up and MUST be brought along whenever  
possible.

This is one of the RAMBO trick used by modern soldiers to  
light fire. IT SHOULD BE KEPT ALWAYS ON YOU, in a side  
pocket for emergency warm up & uses.

KIT TO BRING FOR A FEW WEEKS IN WOOD:

Axe / Shovel / Hay wire 10ft./ Box of wooden matches 100 /  
Hammer / Spy-glasses / Soap/ Sharpening stone / Tooth brush,  
comb / Screwdriver multiple/ toilet paper 4 rolls / Pliers /

Radio and 6 batteries / Survival book ON YOU / Rope 3 X  
100ft. / Card deck & games. / Tarp to cook & to eat under  
& various uses.

Map of the area Plastified / Protection from rain, sun /  
Compass, whistle, heliograph / Deodorant, cold remedies /  
Rain gear & rubber boots.

Copper swivels and 30ft of light steel wire to make traps,  
snares. \* scissors cut all type\* 2 lighter fluid cans 5 oz.

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Mosquito repellent lotion / Sleeping bag, underwear /

Mosquito net / pants, socks, shirt, sweater / Cotton bag to carry food / hat, tuque./ Vaseline, iodine, aspirin, gauze / Fishing, hunting gear, ammunition.

3 Shell dressing, / Coleman stove and refil, 1lb of nail different size./ (vaseline) / Strong needle & sewing kit / Camera & films / 1 pail for many uses./ Pencil, paper, / Flashlight & batteries & bulbs.

Can opener, cups. / Portable transreceiver 5 watts / Sunglasses, glasses, / Frying pan and cooking pots / Compass.

Whistle, / Coffee pot, Fork, spoons, cups, plates / First aid kit. / A good strong hunting knife / Traps and snares./ A swiss army knife / Scotch tape wide type.

2 bic lighters / 1 zippo lighter. / 2 longjohns. / Canoe repair kit, fibber glass tarp & liquid preparation / 2 Signal and 2 smoke flares. / Work Glove & Mits. / Fire lighter, sun tan lotion.

Water tablets / Saw / Fishing line multi purpose./ Wool socks, shoes / Tent, pegs & repair kit. / Ground foam. / Hacksaw blade.

Several plastic bags./ Oil lamp, extra wick 3 feet. / Felt soles extra pair. / 2 Sponges multi function / Rubber, plastic, wood glue. / 3 Ground sheet plastic 10X6 ft. / Grill plate (many uses) / Watch.

Note about the Grill: found from old stove or fridge replace

very well a stove and is very convenient to bring along.

Place upon some wood piece at the bottom of canoe will keep your gears dry.

Note: Tiger balms has many uses; cold, head-ache, sprain, stiffness.

#### FOOD LIST:

Onions, spices, oat meal, cereal, meat in cans, fruits, cakes & biscuits, bacon, lard, molasses, chocolate, soup, flour, milk, bread, eggs, potato, rice, booze?, fish, #bicarbonate# , cheese.

Mustard, mayonnaise, dills, lettuce, vegetables beans, margarine, sugar, salt, pepper, spices, tobacco, Coffee, tea, yeast, clothe soap, steel wool, dish cloth.

Dehydrated food and granola seed type of food (munchies)  
Pemmican and Sherpa tea type food (food file)\*.Multi vitamin\* Vitamin 29 spirulina, irish moss, pain killer.  
#Bouillon cubes# , Al. paper,

Check your list carefully and MAKE SURE you don't double up with your partners on some items. Repair kit for your camping, clothes, canoe, guns, fishing rod. Several strong plastic bag multi purposes.

#### NOTE ON FOOD:

Remember that fat in calories is the most concentrated food yet the sustenance the most difficult to find while living off the land.

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If you can not get it from animals revert to insects, such as larva, grubs, and what you may dig or find by burning a small grass area.

Bear live on grubs yet they are fat enough Think insects if no games. After all St. John lived on locust and honey for many years to prove the point.

S/Kit RICK in Army canteen 3 lbs. WITH THIS SURVIVAL BOOK:

Al. Paper, hand cable saw, fire starter Magnesium, a salt container, 1 container of sugar/ Sucaryl, 1 Boony-Box \* Careful with the hooks inside they screw up the compass, 3 small roll of copper wire for snares, 2 tampax excellent for cuts and fire lighter.

1 small box of different hooks, some fish flies, 1 box Sucaryl 50mg. 1 box of aspirin, sleeping pills and Zomax (sting & burn & cuts). 12 rolls aids, a pkg of needles wrap by rubber, thread and nylon fishing line 50lbs.

12 adhesive bandages, 5 razor blades, 1 bic lighter, wooden matches dipped in wax, 1 pakage of multi -vitamin, 1 tube of spirulina tablets,

1 tube of #carbure de calcium# as fire starter, 1 bottle of Zomax, 2 X3X9" pad of Betadine\* VASELINE, 2 Lighter fluid cans 5 oz. ( 1 on me at all time.)

All this is put in a army pouch which has an added Bic lighter, 30 feet of nylon rope, 200 feet of fishing rope 100lbs

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In the Boony Box there was also some cotton to use as fire starter, also aspirin, zomax tab., halazone tablets. and fishing lines about 300 feet of 35 to 50 lbs. & 12 fish hooks # 10-14.

One can add a plate knife, a hand warmer & some cartridges for it, 2 pairs of surgical gloves, a candle, survival blanket, 3 pkgs of dehydrated food and spice salt 3 oz. Sugar pkg 7oz. / (pemmican, sherpa, corn type see food file.\*)

SURVIVAL BOOK 12 OZ.???

INDIAN BAG:

Here is what an Indian showed us as his survival kit. From a pocket he withdrew a pkg of tobacco, about 10 wooden matches in a waterproof pack made of birch bark, 5 rabbit snares made of copper, a small penknife, a small sharpening stone, 4 pieces of cod fish line about 3 feet long.

From his left back pocket he got a handful of tea folded in a wax pkg., from his right pocket he drew a slingshot with 6 round stones about 1/2 inch in diameter and 4 nails of 3 inches. His belt was a narrow piece of leather well oiled and about 30 inches long.

To this his companion would add an extra pair of socks, an underclothing, a swedish saw blade 3 feet long rolled in a tarp, a frying pan for bannock of 3" thick by 7" in diameter.

To all this they would add a pail in which they use to boil tea, 2 sleet cups, 3 plates, 2 soup spoons, 2 forks, tea,

salt, pepper. 1/2 pound of bacon, grease and one big onion and a musk-rat trap.

Don't forget the ground sheet, the gun and ammo or fishing rod etc. and also to look up in Survival Kit for the things most needed like the map of the area etc. & Survival book!

#### THE ALPINE BAG PACKING:

This bag contains about 30 to 40 lbs, which you should not exceed at any rate anyway for the average man (150-175lbs.)

Anything more than 40lbs will give you more problems than its worth.

This is one of the reason why dehydrated food, pemmican etc becomes handy. Of course this does not count the 3 lbs of your perronnel survival kit which is on you at all time. Observe the following rules in packing.

1) Place the heavy objects UP and near the frame, place the sharp and hard objects in centre, no bag contact place objects frequently use in outside pockets.

2) Insert map and flat objects in flap pocket, reduce crowding by packing neatly light objects at bottom / Long objects up and never across.

Limit the width to max 24 in. (shoulder width). / Tie securely as to well attach all parts composing the charge.

In expedition avoid to carry material in boxes, hard to carry. / Put your gears in strong big plastic bag, against rain etc.

NOTE ON BACKPACK:

Each type of material should be individually wrapped ex; sleeping bag, food, tent, clothing, toilet article, perronnel pharmacy cooking objects, miscellaneous will be in different bags.

Once you have them all then put them all in a big green plastic bag which you then place in the Alpine bag or other carrying bag you have.

As a thumb rule the sleeping bag should go first at the bottom. since it is the first thing we put in the morning in the bag & the last item needed at night.

On top of the sleeping bag, put your clothing, the soiled clothing should go even under the sleeping bag in a separate bag. Then put the objects not needed during the day.

On top of that you now put the food. The daily lunch is kept near at hand in the side pocket or hand bag. The tent is tied to the side upward for the stick and the tent pouch at the top of it all in a plastic bag if no other bag available you can wrap the ground sheet around it but better to keep it separate.

In the side pockets place the light wind breaker, the rain gear, sponge, small flashlight waterproof type and batteries, compass etc. At the front pocket place fishing equipments, utensils and canteen to cook etc.

UNPACKING ORDER:

In order to keep good harmony in an expeditions it is ESSENTIAL THAT YOU KEEP YOUR THINGS IN ORDERLY FASHION, so as not to loose time, energy etc in searching your things around specially at nite.

This may sound like army or convent rules but if you travel a bit you will find this rule useful specially if you must move every morning. A place for each thing and each thing it is place.

WINTER TRAVELLING: \*\*

If you must travel in winter then try to get yourself a toboggan to carry your gear along, as well as your snow shoes or skis. If you have more than 35 to 40 lbs to carry of course.

30 / 40 lbs BAG MAXIMUM !:

When possible, stay with 30 lbs of material & use 10lbs for food dehydrated such as pemmican etc. and when possible use 1/2 the food weight in fat.

SURVIVAL POUCH:

In a car, boat or aircraft don't stow all your kit separately. Pack a survival pouch, too large to carry in your pocket like your survival tin but kept where it can be grabbed quickly in an emergency. If you are on foot keep it outside your back-pack, carried on your belt.

It should contain fuel, food, survival bag and signalling kit, all packed into a mess tin which protects the kit and doubles as cooking utensil.

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If you fancy a brew or a snack, it is all there for you and in an emergency gives a first back up for survival.

Anything you use from the pouch on a normal trip must be replenished as soon as possible

POUCH:

The pouch MUST be made from waterproof material and be large enough to take a mess tin. It MUST have a positive fastening that will not come undone, and a strong tunnel loop to hold it on to your belt

Remember the pouch contains matches, solid fuel and flares all life savers but to be treated with care.

MESS TIN: \*ARMY CANTEEN TYPE PIX

This is made from aluminum, which is light and strong. A good cooking utensil it protects kit packed inside it.

FUEL:

Preferably you should have solid fuel tablets in their own stove container. Use sparingly when a wood fire is inconvenient. They make excellent fire lighters.

The stove simply unfolds to form an adjustable pot stand and holder for burning fuel. A lot of soldiers in Vietnam used to carry a small can of gaz lighter which gave them quick light, its worth it.

TORCH:

Pack a small pencil-like torch light that takes up little room. Keep batteries inside it but reverse the last so that, if accidentally switched on, the batteries don't run. Lithium batteries last a long time.

FLARES:

Signal flares to attract attention, especially in close country. Carry red and green mini flares and a discharger (no bigger than a fountain pen.) These are explosive so pack carefully.

Simply remove discharger and screw on to flare. Withdraw flare and point skyward at arms length. Pull the trigger to fire. Use very great care and do not waste. Use to attract attention.

MARKER PANEL:

A strip or bar of fluorescent material about (1ft X 6ft) used to attract attention in an emergency.

One bar signals immediate evacuation. Form other signal with panels carried by others in your party. Pack to stop the other item in the rough rattling.

MATCHES:

Pack as many matches as possible in a waterproof container. You never have enough. Movement against each other can ignite non-safety matches. Pack carefully.

BREW KIT:

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There is nothing like a HOT brew to restore morale. Pack tea powder and milk and sugar in sachets. Tea quenches thirst whereas coffee aggravates it.

### FOOD:

Fat is the hardest food to come by when living off the land. Yet the most useful.

Its extra calories earn it a place in your kit. Tubes of butter, lard or ghee are available. Dehydrated meat blocks are nourishing and sustaining, though not very good in flavour.

Chocolate is good food, but does not keep well. Check regularly. Salt MUST be included - salt tablets are the compact way to carry it, or better still an electrolyte powder which contains vitamins, salt and other mineral that the body requires.

### SURVIVAL BAG: COLD & HYPOTERMIA

A large polythene bag (7 X 3 ft) is a life saver in the cold. In an emergency get inside to reduce heat loss. Although wet from condensation you will be warm.

Even better is a heat insulated bag of reflective material that keeps you warm and solves the condensation problem.

### CAMPING GEARS GOLDEN RULE: BACKPACK.\*\*

The less heavy the better it is. First make a list of all that you think is necessary like your TV, micro-wave, dish

washer etc. then weigh each item then eliminate what is not absolutely needed for survival or good camping including your VCR & beer.

LIST OF ITEMS:

Matches, photo gears & films, guns & ammo, fishing gears, shovel, swedish saw, walking stick, plastic containers, candles, flares.

Flashlights and batteries, first-aid kit, 6 meter nylon cables, long john, pen and note book, maps, wool sweater, t shirts, socks, pants short and long ones wool is best.

Cooking pots and pan, foam cushion, hunting knife, pocket knife swiss style, mountain climbing gears, sponge, nylon string, snares, food, gloves, sunglasses and eye glasses, portable radio, transreceiver, no ghetto blasters.

Life jacket and canoe repair kit, hammock, sleeping bag, foam mattress, shoe string spare, spy glasses, survival book, signal mirror, bug repellent lotion and suntan lotion, soap, swim trunk, lighter fluid, flints and lighter,

Hand warmer, hat, watch, tent repair kit, water pills, snake kit, toilet paper, rain gear, winter clothes, sewing kit, poncho and nylon tarp, cooking stove and fuel.

Water container personal and group, walkie-talkie and batteries, backpack, shoes and rubber boots, belt pack, plastic bags, foot powder and bandages for feet problems\*, tent.

DON'T FORGET THE SPICES which turn a dull meal into a feast,

use garlic, chili, salt, oregano, dry onion and some all purpose spices or any one which you fancy along.

They take little space and make the whole difference. (sugar, coffee mate). You should really have 2 survival kit one small one in breast pocket and a bigger one in the back pack.

CAPITAL TO have on you at ALL TIME the small S-KIT with this BOOK, with signal mirror plate knife type with a compass and a water canteen and insolar ground sheet and poncho.

Army camouflage blanket and zippo and water pill, knife and 1 can lighter fluid and 3 small candles.

Shell-dressing & band-aids. Fishing & snaring kit Whislte, waterproof matches a few Oxo cubes-tea- safety pin & Boony box. \*

For the big kit, it has a wool sweater, anorak gortex, rain gear, dehydrated rice, smoked meat-first aid kit- signal flares- 15 meter nylon rope 3MM - 30cm AL. Paper

Paper and pen and what is needed to make a solar alembic if your are close or in a desert = Hose 3 feet long- Tarpaulin solar type real strong one like in BC. TYPE.\*

PETROLEUM JELLY OR VASELINE:

Vaseline can be eaten or used for cooking as well as lubricant as cold or heat protection. Its many uses make it worth to be in your camp food kit. A tiny tube should go into your survival kit.

HUNTING PACK OR S/KIT:

A prudent hunter or wood lover should have at least those items: Matches principal item of the woodsman, should be in wood, waxed & sealed in small container. Cardboard matches get damp fast. Of course you can have a butane lighter Bic style or gas Zippo style.

All you have to do for your matches is to dip them in warm wax at home then put them in your container. As for the wood matches, scratch away the wax with your finger nail before striking it

\*NOTE; You should (MUST) have a personal body S/Kit & a normal S/Kit. For ex. Matches or lighters should be in both Kit. Accidental lost can be deadly.

A person should NEVER ENTER WOOD WITHOUT HIS SURVIVAL KIT!

GUN: TRICK:

Useful trick for hunters; In the rifle butt there are 1 or 2 holes deep enough to insert a small tube containing matches.

10 feet of snare wire, 2 hooks, 25 feet of nylon rolled around your tube. Your knife blade will unscrew those screws which are at the end of your butt rifle.

LIST OF THINGS:

To bring in forest for a good ride & vacation MAKE SURE you check this list before and avoid surprise.

Salt, pepper, sugar, flour, tea, coffee, margarine,

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vaseline, spirulina, salted peanuts, milk, eggs, potato,  
first/aid kit, survival book, matches,

Candles, bic lighter, flashlight and spare batteries,  
tobacco, toilet paper, watch alarm clock, fishing / hunting  
equipments and ammo, alcohol?

Dish soap, towels, bicarbonate. To this you can add onions,  
spices, seasoning salt, oat, pastas, cereals, butter,  
fruits, biscuits, cakes, mustard, fish,

Cheese, meat, salted lard, bacon, beans, vegetables,  
molasses, chocolate, soup. MAKE SURE your butter is in a  
leak proof container. Any meat brought in should be frozen  
and foiled in Al.paper to keep them longer.

ANOTHER LIST:

Socks, under wears, pants, shirts, needle and thread,  
gloves, hat, coat, rain gear, boots. Lighter fluid which  
starts a quick fire and for your zippo lighter.

Dry food if possible. Tent & sleeping bag, nylon tarp for  
many use & Al.paper. Some glue all purposes for tent,  
clothes, wood, metal etc.

20 different size desk elastic strong type, which you can  
use to reduce blood, tie up things etc. as well as small  
round candles type which use for quick hand or face warmer,  
quick fire starter, long lasting light etc.