

CASARA OTTAWA Personal Survival Kit (2012)

SUGGESTED ITEMS:

Note: Tools are items that are re-usable, but may require maintenance. Supplies (e.g. matches, lighters, candles, food) are generally consumed as they are used so use sparingly. Check and test items regularly (prior to training exercises) and re-stock and maintain as necessary.

Cutting tools: minimum one required

Smooth blade: - small locking or fixed blade knife in sheath, with lanyard.

Saw blades: - small folding saw blade **IF** included in multi-tool. Separate saw is already in a/c kit.

Wire cutters: - useful **IF** included in multi-tool but not essential if brass wire is being used.

Ignition sources: always have more than one source!

Lighters: - should have heads covered (e.g. Zippo) or shielded (cardboard and removable tape cover).

Matches: - use waterproof or wind and waterproof matches in brightly-coloured, air-tight container. Secure at least two strike strips separately from match heads.

Flint/strikers: - these take practice - carry enough for starting several fires, but you don't need the full block of magnesium usually included.

Ignition Aids (supplies):

Candles: - more, smaller candles are more useful than the large "survival" candles. 3-4 tea-lights work well, but store in their own water-tight bag or container in case the wax melts.

Dryer lint: - store in water-tight container (film canister). Works well where dry tinder is not readily available.

Containers:

Water-tight containers: - minimum 2 of the same size, in addition to whatever is being used to hold kit. Remember that large bags hold big and small things, small bags only hold small things.

Tying up stuff:

Cord – 550 cord is still some of the most useful stuff out there – carry at least 3 feet per lanyard.

Line – dental floss also incredibly useful, and pre-packaged with a safe cutter. Carry at least one spool/dispenser.

Wire – brass snare wire is ideal since it can be broken by hand; avoid steel wire, as it requires wire cutters. Aluminum wire (binding for AIP?) can be used as single-use item. Roll wire, as opposed to making sharp bends.

First Aid:

Triangular bandage or Bandana – minimum 1, preferably bright coloured

Bandages – assortment from knee-sized patches (1) to regular, small, and knuckle bandages (several)

Cloth medical tape – sticks well to many things....

Large compress dressing – carry at least 1 to be used on you...

Light:

Small, bright light, preferably with strobe mode (for signaling). LED models popular, pack one set spare batteries.

Personal Shelter:

Garbage bag ("bin liner" size works well), minimum 1. Orange in summer, black in winter.

Foil blanket: minimum 1, handle with care. Blanket style is more versatile than bag, however if 2 are carried, have one bag style (esp. in winter).

Food/Water:

Small (0.5 L) water bottle (softer is better) with clean water recommended.

Purification tablets (e.g. chlorine dioxide) or iodine drops (as preferred) recommended.

Small amount of High energy density food (e.g. nuts/jerky) – check freshness frequently, share for morale.

Tea bags...