

20 BASIC ITEMS TO HAVE IN AN EMERGENCY

(items should fit in a nice size backpack)

1. [FLASHLIGHT – BATTERY FREE & HEADLAMP](#)
2. [POCKET KNIFE](#) and [MULTI-TOOL SWISS ARMY KNIFE](#)
3. [FIRST AID KIT](#) – including ANY medication
4. [WATERPROOF MATCHES](#)
5. [POWER BANK](#) – to charge cell phones, etc
6. [RECHARGEABLE BATTERIES](#) & A SUPPLY OF BATTERIES
7. [HAND WARMERS](#)
8. SIGNALING EQUIPMENT – compass, mirror, whistle, [FLARE GUN](#)
9. [N95 RESPIRATOR MASKS](#)
10. [ROLL OF CORDAGE/PARACORD](#)
11. PERSONAL DOCUMENTS (prescriptions), CASH, EXTRA SET OF HOME & CAR KEYS
12. PONCHO, UMBRELLA, CHANGE OF CLOTHES & EXTRA SHOES, [WORK GLOVES](#)
13. NOTEBOOK & PEN, DECK OF CARDS – if you're stranded or without for a while. Nothing worse than boredom
14. EMERGENCY FOOD – non perishable. You may need a separate bag for these depending on your food choices
15. WARM BLANKET
16. CLEANING AGENT
17. MANUAL CAN OPENER
18. SUPPLY OF DRINKING WATER
19. DUCT TAPE
20. PERSONAL HYGIENE PRODUCTS – including toilet paper