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BASIC SURVIVAL KIT

1. Matches
2. A flint
3. A magnifying glass
4. Needle and thread: several needles, and coarse thread
5. A compass, the luminous button type
6. A beta light: this is a light-emitting crystal the size of a small coin. It's good for map reading at night and for fishing. Expensive, but everlasting
7. Beef stock cubes x 2 for drinks
8. Medical kit: aspirin, water-sterilising tablets, plasters, butterfly sutures, a condom (it makes a good water-bag holding 1 litre of water), antiseptic cream and cotton-wool
9. A mobile phone, though not in my SAS days as they weren't available then. Nowadays, though, a mobile can be a life-saver
10. A small pocket-knife

If you make a kit for yourself, let an adult check your kit and that you can handle a pocketknife.

BE SAFE!



Ten survival tips in every books for each terrain - read and learn!