

QUICK RUN BAG.net®

Essentials Check List

BAGS AND PACKS	SHELTER	CLOTHING	COMMUNICATIONS
<ul style="list-style-type: none"> - Backpack - Waterproof liner - Small removable bag - Waterproof containers 	<ul style="list-style-type: none"> - Pocket knife/ Leatherman - Saw (wire or folding) - Space/ survival blanket - 20 meters strong cord - Light hammock - Lightweight sleeping bag 	<ul style="list-style-type: none"> - Waterproof jacket - Hat/ cap - High visibility jacket - Socks and foot powder - Gloves - Extra clothing 	<ul style="list-style-type: none"> - Phone with charger - Extra SIM card and top ups - AM/FM portable radio - Satellite Phone* - VHF radio*/ walkie-talkie* - Back-up batteries/ power - "Point it" book
DISTRESS/ SIGNALS	FOOD AND WATER	NAVIGATION	FIRE/ FUEL
<ul style="list-style-type: none"> - Distress strobe - Whistle - Air marker panel - Torch with spare bulb - Glow sticks - Waterproof notebook / Pencil - Permanent marker pen - Signal mirror 	<ul style="list-style-type: none"> - Water bottle - Purification tablets/ drops - Purification pump/ filter - Energy bars - Nuts, dry fruits, snacks - Can opener/ spork - Metal mug/ small pot - Tea, coffee, sugar packs 	<ul style="list-style-type: none"> - Compass - Map/ case - Protractor - GPS unit or app* 	<ul style="list-style-type: none"> - Disposable lighter - Flint - Fuel tablets - Candle - Tampax (fire catcher) - Alcohol wipes - Waterproof matches
FIRST AID/ HEALTH	DOCUMENTS	TOOLS	SURVIVAL KIT
<ul style="list-style-type: none"> - First Aid Kit - Personal medications - Spare glasses/ lenses - Spiritual/ prayer book - Sun protection cream 	<ul style="list-style-type: none"> - Waterproof case - Passport/ Personal ID - Organization ID - Travel permit - Medical certificates - Copies of key documents - Spare passport photos - Driver's License 	<ul style="list-style-type: none"> - Leatherman tool* - Pocket folding knife* - Watch 	<ul style="list-style-type: none"> - Ready "Survival tin" - Pencil, w/p paper - Safety pins - Spare watch - Button compass - Key documents - Some cash - Vital medications

Note: For items marked with * check for legal requirements

For more information, practical advice and tips visit: www.quickrunbag.net