

# BASIC SURVIVAL — PACKING LIST

2.5 days · 2 nights outdoors | SkillCraft Productions, LLC

**What this list is.** You will use your own gear for every task on this course. Bring what you would realistically have with you on a day hike — This list is built around that, not around a camping trip. One kit per person; nothing is shared. Your kit is inspected item by item at check-in, so pack it yourself and know what is in it.

## STORAGE & CAMP

- ☐ Signed waiver and completed health screening
- ☐ Daypack, with a waterproof bag or heavy-duty trash bag inside
- ☐ Zip-lock freezer bags, labeled with your name
- ☐ Folding camp chair
  - All food and scented items go in these bags, then into the bear containers.*

## NAVIGATION

- ☐ Base plate compass
  - Suunto MC-2 360° recommended if you plan to take Land Navigation.*
- ☐ Rite in the Rain notebook and pen — bring your own

## HYGIENE, SUN & INSECT

- ☐ Insect repellent
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Feminine hygiene items
- ☐ Wet wipes (optional)
- ☐ Toilet paper (optional)
- ☐ Trowel (optional)
- ☐ Sunscreen (optional)
- ☐ Sun hat (optional)
- ☐ Sunglasses (optional)

## CLOTHING — WORN

- ☐ Bandana
- ☐ Long-sleeved synthetic or wool shirt
- ☐ Synthetic or wool short-sleeved T-shirt
- ☐ Quick-drying pants
- ☐ Belt
- ☐ Synthetic or wool underwear
- ☐ Merino wool socks
- ☐ Hiking boots or trail shoes — no sandals

## EXTRA INSULATION

- ☐ Hard-shell or soft-shell jacket
- ☐ Spare wool socks - required
- ☐ Long-sleeve base layer top
- ☐ Base layer bottom
- ☐ Beanie
- ☐ Glove liners
- ☐ Rain pants (optional)

## ILLUMINATION

- ☐ Headlamp

## FIRST AID

- ☐ Personal first aid kit
- ☐ Personal medications
  - A camp medical kit is on site.*

## FIRE

- ☐ Bic lighter
- ☐ Waterproof matches (UCO Stormproof)
- ☐ Ferro rod — Überleben recommended
- ☐ Black Beard Fire Plugs — primary tinder, drier conditions
- ☐ Live Fire Original — wet wood and rain
  - Both tinders are required. One is none, two is one.*

## TOOLS

- ☐ Multitool with blade and saw (Leatherman), or fixed-blade knife and folding saw (Silky brand recommended)
  - Blades sharp before you arrive.*
- ☐ 1 roll of 1" Gorilla tape
- ☐ 100' orange paracord or SurvivorCord
- ☐ 25' #36 bank line (optional)
- ☐ Watch (optional)
- ☐ Leather gloves (optional)
- ☐ Eye protection (optional)

## HYDRATION

- ☐ 3 liters total water capacity, full on arrival
- ☐ At least one single-walled stainless-steel bottle, or a plastic bottle with a metal cup — required, for boiling
- ☐ Camelbak or Nalgene for the remaining capacity
- ☐ Water purification tabs — 20
- ☐ Water filter (optional)
  - Some potable water on site; you will also locate and purify natural sources all weekend.*

## EMERGENCY SHELTER

- ☐ Tarp, 5' × 7'
- ☐ Mil Spec poncho (preferred), or a second tarp
- ☐ 6 tent pegs — plastic preferred
- ☐ Heavy-duty 6 mil drum liners — one clear, one orange (SkillCraft can supply)
- ☐ Sleeping pad
- ☐ Weather-appropriate sleeping bag
- ☐ Emergency bivy sack or mylar blanket (orange preferred)

## SIGNAL

- ☐ Pealess whistle (Futuresteps 2" Premium, 125 dB Recommended)
- ☐ Signal mirror
- ☐ Bright orange signal panel or cloth (optional)

## ENERGY

- ☐ Power bank
- ☐ Charging cables
- ☐ Spare batteries

# FOOD, AND WHAT NOT TO BRING

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## NUTRITION

**All food and anything with a scent** goes into labeled zip-lock bags and then into the bear-proof containers SkillCraft provides. Nothing scented stays in your shelter — not food, not toothpaste, not lip balm, not wrappers.

**On this course the emergency ration is your food, not your reserve.**

### Daytime — emergency rations only

From Friday midday through Sunday morning, you eat only what you would have with you if you were lost. No snacks, no trail mix, no jerky, nothing brought from home. Experiencing the taste, the texture and the effect of living on emergency rations is part of the course.

- ☐ 7 × 200-calorie ration bars (Datrex or equivalent) — 1,400 Cal
- ☐ 2 nut butter packets — SunButter or equivalent if you have a nut allergy
- ☐ Instant coffee — 1 to 2 servings (optional)
- ☐ Electrolyte packets (optional) — heat and heavy sweat only

*Roughly 2 bars and a packet Friday, 3 bars and a packet Saturday, 2 bars Sunday morning. Spacing them is yours to work out — no ration schedule is issued.*

### Evening — two hot meals

A full meal each evening keeps the calorie deficit safe and keeps your hands and judgment working for the next day. Do not skimp here.

- ☐ 2 × MRE or dehydrated meal — 800 to 1,300 calories each

*Hot water is available at the evening meal and each morning. One meal is provided after release; your welcome letter says which.*

**This is more ration than you would carry on a day hike.** The 12 Essentials emergency reserve is 400 calories you hope never to open. Here you carry two and a half days of it because you are going to eat it — that is the lesson.

## NOT PERMITTED

- ☐ Firearms — none, for any participant, at any time
- ☐ Axes, hatchets and machetes — outside this course's scope
- ☐ Alcohol and cannabis
- ☐ Snack or trail food beyond the ration above

## PROVIDED BY SKILLCRAFT

- ☐ Bear-proof food containers
- ☐ Map
- ☐ Camp medical kit, including tick removal
- ☐ Outdoor toilet with privacy tent and toilet paper
- ☐ Established camp with canopy tent
- ☐ Some potable water
- ☐ Hot water each morning and evening
- ☐ Printed course book
- ☐ One meal after release