

#/Item	Common Uses
1 – Duct Tape	Patching/repairing anything requiring an air or water-tight seal; Creating rope or slings for medical or other uses; Bandaging/sealing wounds; Helping to “water-proof” shoes/boots; Building a shelter/water-proofing the roof; Sturdy structural repairs when used with splinting and multi-layer wrapping; Vehicle repairs; Numerous other capabilities
2 – Bolt Cutters	Bolt cutters are a tool, which cannot practically or easily be fashioned in the field, which can help with self-rescue/evacuation. Use them to cut fences, locks, or cables, as needed, to get to rescue, transportation or shelter. In an emergency survival situation, using someone else’s property might be necessary to survive. Do not fear criminal prosecution in these cases. Use whatever means necessary to get to help/safety.
3 – Folding Saw	A folding saw can assist with shelter building, litter making, and clearing of fallen trees, which may block a path.
4 – Medium/Heavy-Duty Poncho	A poncho allows you to stay dry while moving. This can be critical in a self-rescue situation. The body loses heat at 25X the normal rate when wet. The poncho can also serve as a water collection device, weather barrier on a shelter, or a medical litter (with poles/attachment)
5 – Insect Repellent	In addition to carrying sometimes deadly viruses (mosquitoes), insects are a prime source of infection. They cause open wounds on the skin and spread bacteria. Good insect repellent can prevent life threatening illnesses and infections.
6 – Glow Sticks (Chemical & Battery)	Glow sticks provide an excellent source of ambient light during nighttime survival situations, helping to prevent you from losing a campsite or becoming injured when moving around at night. Additionally, they greatly improve your chances of nighttime rescue by search and rescue helicopters and crews. The light profile from a glow stick, to a person wearing night-vision goggles (as night-flying rescue pilots would wear), is visible for many miles. Depending on the surrounding light pollution and the land profile, night-vision visibility on a glow stick can be over 50 miles to a rescue pilot. Place one on the outside of your campsite each night to increase odds of rescue.
7 – Featherlite Survival Kit	(Includes: Glow Stick, Towel, Rescue Whistle, Compass, Poncho, Flashlight, Signal Mirror, Waterproof Matches, Emergency Blanket, Karabiner/Knife, Instructions)This kit includes many of the field survival essentials, including fire-starting capabilities, signal, navigation, and light. The instructions provide more information on how to use the various tools. NOTE: Unless he/she is experiencing a heat-related illness/injury, an injured person will almost always need to be covered with the rescue blanket. An injured person’s body does not temperature regulate like that of a healthy individual.
8 – Parachute Cord	Parachute cord can be used to securely tie splints, create litters and shelters, assist with lifting/hoisting items through pullies, tie and secure rafts or other crafts, and more. NOTE: The internal strands can be pulled from the cord to create additional cordage.

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9 – SAM Splints/Co-Flex (Self-adhesive) Bandage/Gauze	SAM Splints provide a light-weight, conformable splint, that can be utilized for a variety of sprains and breaks. The self-adhesive bandage/gauze works well in helping to secure a splint as well as working well to bandage wounds.
10 – Body Warmer “Adventure Pack”	This kit includes 10 powdered-chemical warmers. When activated, these can provide a critical source of warmth to an injured person or someone in a hypothermic state. NOTE: Injured persons can go hypothermic in environments with temperatures less than 98.6 degrees Fahrenheit (avg. body temperature).
11 – Head Lamp	A good head lamp allows for hands-free illumination during non-daylight hours. This is especially important if you, or another field member is injured, and needs to use your hands to assist rescue or self-rescue. Likewise a headlamp is incredibly useful when tending to wounds (especially if there is no one to hold a flashlight).
12 – Life Straw (Water Purification Straw)	Having a means of water purification is critical. The additional advantage of a life-straw is its portability, ease of use, and ability to extract small amounts of water without needing to collect it in a vessel before purifying. In other words, you can literally suck the water out of a puddle/the ground.
13 – Water Purification Tablets	As the most critical resource to survival, water should not be taken lightly. It is important to have a back-up water purification method/capability. In the case that your Life Straw is broken or lost, water purification tablets can be used to purify water for drinking.
14 – Survival Reflective Tent	This tent provides emergency heat containment and reflection back onto the occupant. Especially in the event of a cold weather injury, having another means of emergency shelter can be the difference between life and death.
15 – Air Horn	An air horn can be used to signal for rescue. The international signal for distress is 3 sharp blasts. Especially in a case where you’ve lost your voice or the ability to blow in the rescue whistle, an air horn can be critical to letting rescuers know where you are. Also, should you find yourself being stalked/pursued or challenged by a bear, mountain lion, or other predator, a good blast from an air horn is likely to frighten the predator off.

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16 – Medical Kit	This medical kit includes everything you'd need to care for minor to moderate injuries in the field.
17 – CPR Face Shield	A CPR face barrier includes a one-way valve, allowing air to flow through, but protecting the victim and rescuer from communicable diseases.
18 – Chewable Aspirin	In the event that a field worker or bystander are experiencing tightness in the chest, numbness in the arm, or any other heart attack symptoms, immediately have them chew on some of these aspirin. The person still needs <i>immediate</i> medical attention.
19 – Anti-Diarrhea Medicine	In a field environment, stomach issues, such as diarrhea, can be life threatening. This medicine could help prevent further fluid loss, until advanced medical care can be reached.
20 – Anti-Nausea Medicine	In a field environment, stomach issues, such as nausea and associated vomiting, can be life threatening. This medicine could help prevent further fluid loss, until advanced medical care can be reached.
21 – Benadryl Tablets	In the event that a field worker or bystander is experiencing a moderate to severe allergic reaction, give them some Benadryl tablets. Note: These tablets may only provide temporary relief to an allergic reaction. These are not meant to substitute an Epi-pen or other brand emergency shot. If someone has used an Epi-pen to relieve severe allergic symptoms, DO still give them Benadryl. The epinephrine in the Epi-pen stops the most immediate and severe symptoms, temporarily, but should ALWAYS be followed by Benadryl if the victim can take it. Allergic reactions, requiring the use of Benadryl, are medical emergencies and should be treated as such.
22 – SPF Lip Balm	As some of the most sensitive skin on our bodies, our lips are prone to dehydration, sun burn, cracking and bleeding. SPF lip balm can provide critical protection which helps to maintain hydration and prevent unnecessary open wounds in a field survival situation. NOTE: The lip balm can also be used as an accelerant for starting fires, when combined with lint, cotton, or another flammable cloth/fiber.
23 – Glucose Tablets	Glucose tablets are a life-saving medicine to persons with diabetes. Give these to a person experiencing a low-blood-sugar diabetic episode.

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24 – Electrolyte Tablets	Not to be confused with hydration, mineral replacement can be critical in maintaining muscle function and energy. Electrolyte tablets are a fast and effective way of replacing minerals lost through sweating and metabolic processes. In a field emergency, they could help you get to rescue.
25 – Biodegradable Alcohol/Enzyme Wipes	Having a sterile, pre-moistened towel helps with wound care and re-bandaging as well as with personal hygiene. Infection can turn a small wound into a debilitating injury.
26 – Magnifying Tweezers	Magnifying tweezers are useful for removing thorns, splinters, insect barbs, teeth, hairs, or even insects themselves, such as ticks.
27 – Antacid	Having an antacid can help mitigate life-threatening stomach problems (due to dehydration in a field environment) and can help to diagnose more serious issues. Keeping a bottle of antacid can help you quickly discern between indigestion and a medical emergency.
28 – Clotting Sponge	In the event that a field worker receives an injury, where a pressure bandage will not, and a tourniquet <i>can</i> not, stop the bleeding, a clotting sponge could save their life. The clotting sponge is particularly helpful for gaping wounds, where blood loss threatens the victim's life. Simply open the package and apply the sponge to the wound. The sponge uses a chemical process to induce clotting.
29 – Non-battery Thermometer	A body temperature deviation of only a few degrees can be debilitating. A few more can be deadly. It is also possible to misread symptoms of a fever as simple fatigue or pass them off to some other cause. And with much of our research occurring in remote locations, it is not something to guess about. For this reason, a thermometer is critical piece of field medical equipment to have on hand. NOTE: You should also utilize a thermometer any time you're caring for a patient with moderate to severe injuries or illness. Injured/ill persons cannot temperature regulate as healthy individuals can.
30 – Tourniquet	*A tourniquet is a device, which, properly employed, completely shuts off blood flow downstream of its application site. For this reason, it is almost always the case that a person, treated with a tourniquet, loses the limb or part of the limb where the tourniquet was applied. To be sure, this is a serious matter. But it is better to lose a limb and live than to die in-tact. As with any first-responder aid, use of this device is protected under the Good Samaritan Act. Instruction: To use the tourniquet, apply it 2-3" above (toward the heart) the injury, but not on or within 2" of a joint. If the wound or amputation is within 2" of a joint, apply the tourniquet above the joint. The tourniquet is properly applied when blood flow from the wound has stopped. Immediately mark a letter "T" and the time of application on the patient's forehead. After application, keep the patient stable, covered and warm, hydrated (if conscious and capable of drinking fluids), and calm. Get them to medical attention as soon as possible. If the tourniquet is released within 1.5-2 hours of application, it is possible that the limb can be saved.
31 – Multi-tool	Multi-tools are useful for a very wide range of things. It includes screw drivers, wrenches, scissors, a knife, a small saw, and more.