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Survival Kit

Metal Container: Can be used to heat water over a campfire
Duct Tape: Works well when you do not have a triangular bandage; works well for fastening splint, etc.
Sterile Gloves: To administer first aid with
Sterile Dressings: For cuts and scrapes
Disinfectant/Antiseptic Wipes: To clean cuts and scrapes
Antibiotic and Burn Ointment: To treat cuts and scrapes
Adhesive Bandages: Obviously, good for cuts and scrapes
Tweezers: To remove splinters, etc.
Scissors: Can be used to cut clothes, bandages, etc.
Small Safety Pins: Good for holding slings together, clothing, etc.
Aspirin: For pain
Baking Soda: Mixed with water, can help rehydrate a dehydrated person; mixed into a thick paste, can help with mosquito bites and bee stings
Tinfoil: Can be used as a mirror to signal planes/boats and takes up less space. Can also be modified into a water carrier if needed
Emergency Space Blanket: Good for making into an emergency shelter, keeps you warm, and is reflective (i.e. can be spotted from an aircraft)
Chlorine Bleach: 16 drops per gallon of water makes it safe to drink
Medicine Dropper: To administer the bleach
Moist Towelettes: For sanitary and hygienic purposes
Garbage Bags: Has many uses. Can be used as shelter, or clothing, or to protect a wound
Candle Stub: Great to start a fire and can keep you warm in an enclosed space if you cannot light a fire
Waterproof Matches: For starting fires
Flashlight: To be able to see in the dark!
Extra Batteries: Needed if flashlight dies
Disposable cell phone: If you are somewhere that happens to have any sort of signal, can be used to call for help
Hand-crank or battery-powered radio: Used to keep up with any news that could pertain to you
Swiss Army Knife or Leatherman Multi-tool: These always come in handy
MRE (Meal Ready to Eat): Each package is vacuum sealed so as to take up less space and each contains 2500 calories, great for energy
Halazone Tablets: Helps in purifying water
Large Safety Pin or Fish Hook: Can be used to fish
Fishing Line or Dental Floss: Can be used in tandem with the safety pin or fish hook to fish
Piece of paper with the internationally recognized ground-to-air signal codes on one side and directions for making a simple lean-to on the other side.