



SURVIVAL POUCH



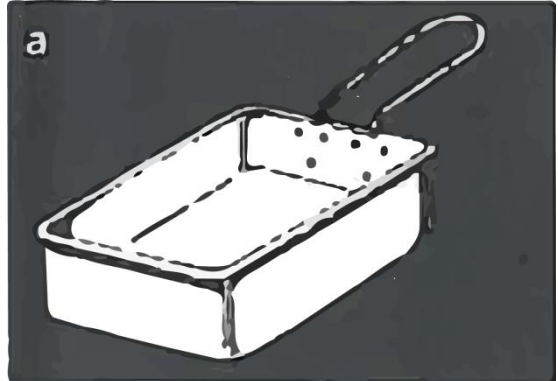
Contents

POUCH	3
Torch	4
Flares	4
Marker panel	4
Matches	4
Brew kit	5
Food	5
Survival bag	5
Survival log	5

SURVIVAL POUCH

In a car, boat or aircraft don't stow all your kit separately. Pack a survival pouch, too large to carry in your pocket like your survival tin but kept where it can be grabbed quickly in an emergency.

If you are on foot keep it outside your back-pack, and carry it on your belt. It should contain fuel, food, survival bag and signaling kit, all packed into a mess tin which protects the kit and doubles as a cooking utensil. If you fancy a brew or a snack, it is all there for you and in an emergency it gives you a first back-up for survival. Anything you use from the pouch must be replenished as soon as possible.



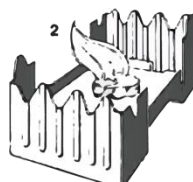
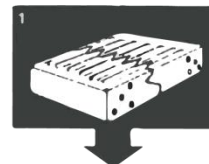
POUCH

The pouch must be made from waterproof material and be large enough to take a mess tin. It must have a positive fastening that will not come undone, and a strong tunnel loop to hold it on your belt. Remember the pouch contains matches, solid fuel and flares - all life savers, but to be treated with care.



Mess tin

This is made from aluminum, which is light and strong. A good cooking utensil, it protects kit packed inside it.

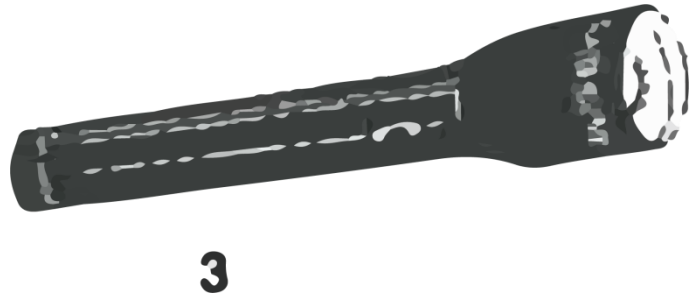


Fuel

Preferably you should have solid hexamine fuel tablets in their own stove container (1). Use sparingly when a wood fire is inconvenient. They make excellent fire lighters. The stove simply unfolds to form an adjustable pot stand and holder for burning fuel.

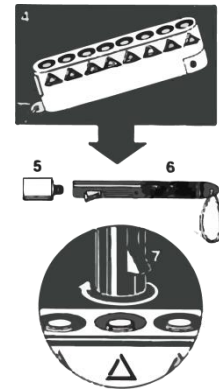
Torch

Pack a small pencil-like torch (3) that takes up little room. Keep batteries inside it, but reverse the last so that, if accidentally switched on, the batteries don't run down. Many modern torches use light-emitting diodes (LED) as their light source rather than conventional bulbs. They use less battery power and will typically work continuously for two weeks.



Flares

Signal flares (4) to attract attention, especially in close country. Carry red and green mini flares (5) and a discharger (6) (no bigger than a fountain pen). These are explosive so pack carefully. Simply remove discharger and screw on to flare (7). Withdraw flare and point skywards at arm's length. Pull the trigger to fire.

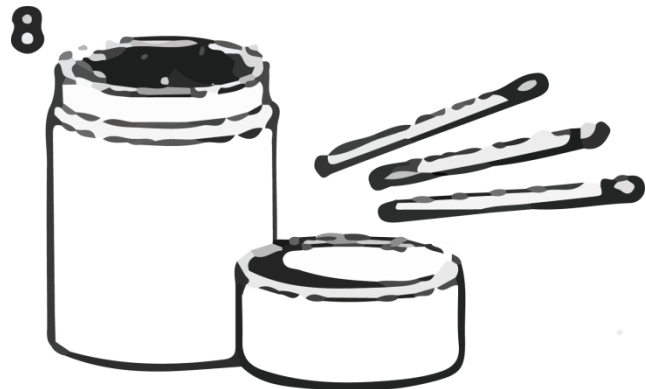


Marker panel

A strip or bar of fluorescent material about 0.3 x 2m (1 x 6ft) used to attract attention in an emergency (see **Signaling** in **Rescue**). One bar signals immediate evacuation. Form other signals with panels carried by others in your party. Pack to stop the other items in the pouch rattling. A silver thermal blanket is ideal for this.

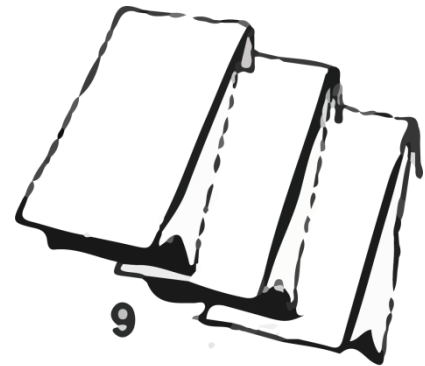
Matches

Pack as many matches (8) as possible in a waterproof container, you never have enough. Movement against each other can ignite non-safety matches — pack carefully.



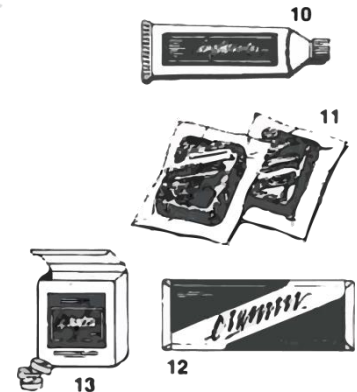
Brew kit

There is nothing like a brew-up to restore morale. Pack tea powder and sachets of milk and sugar (9). Tea quenches thirst - coffee aggravates it!



Food

Fat is the hardest food to come by when living off the land. Its extra calories earn it a place in your kit - tubes of butter, lard or ghee (10) are available. Dehydrated meat blocks (11) are nourishing and sustaining, though not very good in flavor. Chocolate (12) is a good food, but does not keep well — check regularly. Salt (13) MUST be included - or, better still, an electrolyte powder which contains vitamins, salt and other minerals that the body requires.



Survival bag

A large polythene bag about 200 x 60cm (7 x 2ft) is a lifesaver in the cold; in an emergency get inside to reduce heat loss. Although wet from condensation you will be warm. Even better is a heat-insulated bag of reflective material that keeps you warm and solves the condensation problem.

Survival log

Keep a written log of all events. Do not trust your memory. Record discoveries of resources, and of what works and what does not. It becomes a valuable reference and making it helps keep up your morale.