

The G.O.O.D. Backpack (Get Out of Dodge)

Your pack can be ALICE-type military surplus. New packs are EXPENSIVE! External pockets help. Make sure back is padded if frameless and has a waist belt that can be used to shift load from shoulders. Pocket for Camelbak is a big plus. Group smaller items in freezer ziplock bags.

- Sleeping bag or bivy sack (*Gore Tex or water resistant*)
- Jacket (*waterproof, breathable*)
- Gloves (*leather work gloves with removable insulated liners*)
- Balaclava (*head cover, will help retain body heat when sleeping*)
- Boots (*broken-in, in case you have to walk for several days*)
- Rain poncho (*poncho that will cover backpack too*)
- Extra socks (wool) and underwear
- Broad brim hat to protect head, face, and ears
- Several large bandannas

- Small tarp (6x8) (*emergency tent or ground cover with grommets*)
- Financial and personal papers, ID's in ziplock bag
- Cash and roll of quarters for phone calls (*if the wireless net is down*)
- Road maps (*adjust for the area of the country you are in*)
- First aid kit (*see separate list attached*)
- Insect repellent and sunblock
- 3-source fire starting kit (*waterproof matches, fire ribbon gel, magnesium match, steel wool, cigar lighters, etc.*)
- Dr. Bronner's pure castile soap (first aid and hygiene) and/or waterless hand sanitizer

- Leatherman, SOG, Gerber type multipurpose tool
- Utility knife (*non-folding, fixed blade strong enough for prying*)
- Fold-able shovel (entrenching tool)
- Roll duct tape
- 100 feet of nylon paracord (550 cord)
- (3) 1 gallon and (3) 1 quart ziplock bags

- 5 day food supply: dehydrated, MRE's, peanut butter, food tabs, CLIF bars, etc. (*If you carry cans, you will need a can opener and be careful about greasy foods that will congeal if not cooked. Cans are also heavier and can openers get lost.*)
- Two canteens or a Camelbak. (*GI style canteens have a metal cup that fits over the bottom and goes with them*)
- Water filtering/purifying system (*Katadyn, PUR, etc.*) and 2 to 5 gallon collapsible water jug

- LED high intensity flashlight and spare lithium batteries
- Second flashlight, less powerful and less expensive, backup for first light
- (5) Cylaume lightsticks
- Small roll of brightly colored flagging tape (*marking, signaling, trail-making*)
- Firearm, holster, spare ammunition, magazines or speed loaders (*local laws and discretion*)
- First Aid Kit (*in a plastic bag will do – see separate list*)
- Chewing gum and hard candy
- Deck of playing cards (www.urbansurvivalplayingcards.com)

- Pocket notebook and pencils (*water resistant paper*)
- Cell phone and GPS
- Brunton SolarPort or similar photovoltaic charger with cabling or battery trays for any electronic gear [www.brunton.com/product.php?id=280] also see http://mobilitytoday.com/articles/iPAQ_Solar:EFX_Solar_Charger.html



Medical Kit Items

Do not carry or use items that you have not trained with or received instruction for.
Check www.narescue.com, www.progressivemed.com, and www.allmed.com for more information

<u>AIRWAY</u>	<u>DIABETIC</u>	<u>SKIN CARE</u>
Nasal airways (28 french) Crich kit / Decompression set CPR mask & valve Chest seal (2)	Glucose paste GU nutrition gel (2) Insulin syringes (2)	Band Aid strips Band Aids large Steri-strips (asst. sizes) Liquid Band Aid Hand lotion Chapstick (2) (20) Long swabs or Q-tips Nexcare (nu-skin) Petrolatum gauze (2) Dermabond / Super glue Nail polish remover pads ½ inch tape 1 inch tape cloth 1 inch tape micropore Coban (“vet wrap”) Wet wipes unscented TP / Kleenex Sunblock Antimicrobial wash Antibiotic ointment Antifungal ointment Hydrocortisone ointment Tegaderm
<u>EYES</u>	<u>BLISTER CARE</u>	
ENT Corpsman Kit (www.narescue.com) Saline rinse Contact lens suction cups Ophthalmic gtts	Moleskin or Lamb’s wool Washers Benzalkonium chloride wipes Foot Powder	
<u>EARS</u>	<u>TOOLS</u>	
Auralgan otic gtts Ear loops & spades	Trauma scissors (large) Bandage scissors (small) Fingernail clippers Ring cutter (optional) Diagonal cutters Multi-plier or SOG tool Folding knife	
<u>ORAL & NASAL</u>	<u>SURVIVAL</u>	<u>BLOODSTOPPERS</u>
Floss Anbesol or Oil of Clove Stomadhesive (emergency dental) Mouthwash Toothpaste Toothbrush (2) Glycerin swabs Nasal saline Nasal bulb Nasal rinse bottle with nozzle Tongue depressors	Whistle & lanyard Skyblazer flares (3) Red smoke canister Signal mirror Flashlight Petzl Pikka headlamp or similar Paracord 50 feet Pocket rescue blanket Fire ribbon & lighter Cyalumes (3) Hand warmers (4) Aluminum foil Duct tape (small roll pounded flat)	CAT Tourniquet (2) Emergency Trauma Drsg. (4) Combat Gauze (2) Packing gauze (2)
<u>OTC MEDS</u>	<u>OTHER</u>	<u>LACERATION /SUTURE</u>
Acetaminophen Tylenol PM Ibuprofen Excedrin Migraine Loperamide Diphenhydramine Pamprin / Midol Cough drops Antacid tabs	Odor screen Notebook & pen SAM splint (2) Finger splints Icy hot ointment Sewing kit Safety pins Triangular bandage Ziplock bags, qt. and gal. (2)	Rubber gloves (8) Iris scissors Curved or Straight Kelly Forceps 3-0 Nylon suture (3) 4-0 Nylon suture (3) Betadine solution Betadine swabs Scalpel (2) #10, #12, #15 blades (20) 4x4 gauze 5 cc syringe (2) 10 cc syringe (2) 30+ cc syringe – irrigation Assorted needles 2% lidocaine inj.
<u>RESCUE</u>		
25” – 1” rappel webbing Locking D carabiner		