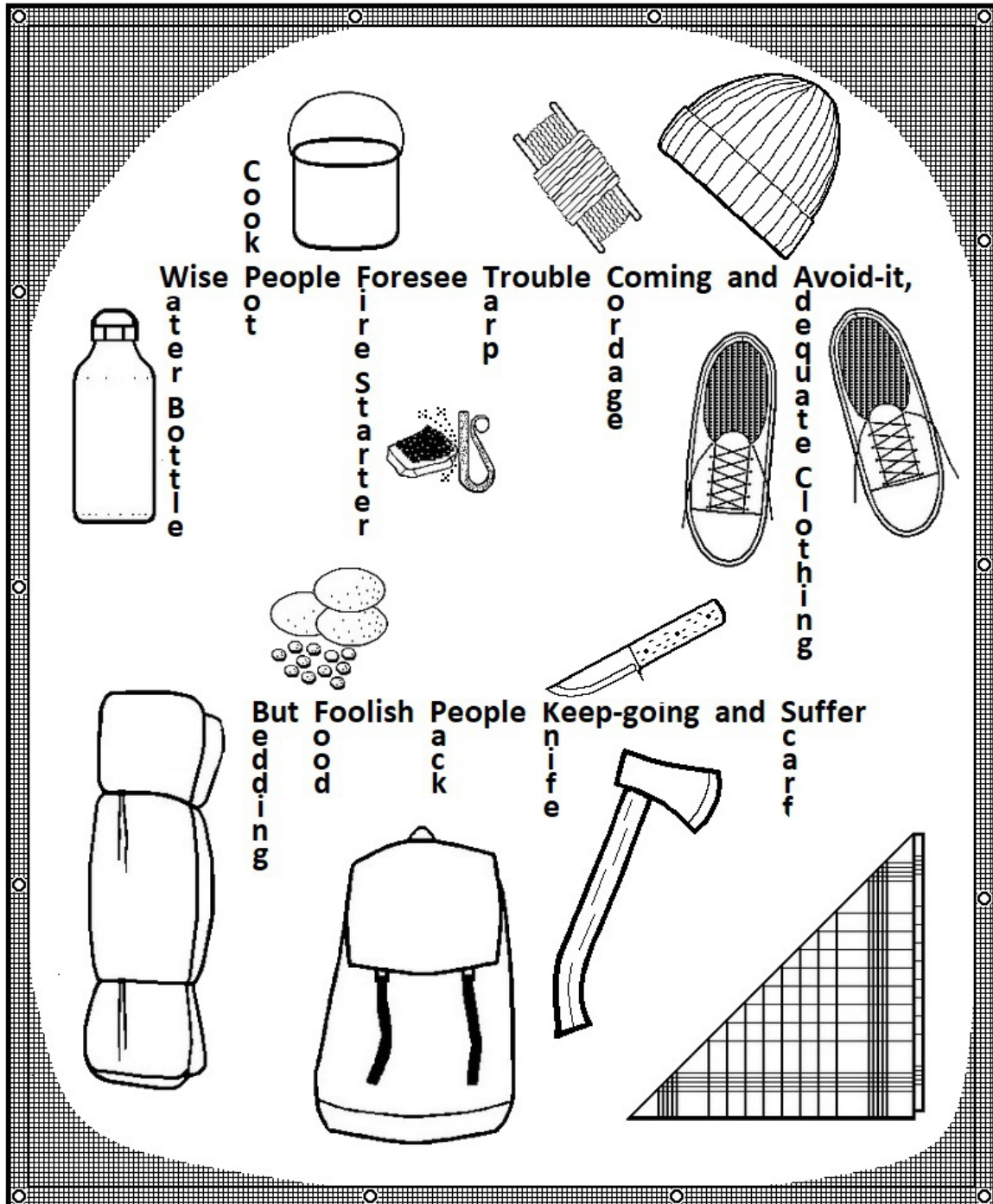


THE PROVERBS 22:3 SURVIVAL KIT

This idea started out with a question about the fewest number of items that would still cover the essentials for long-term wilderness survival—the items you want to be sure to have in your survival kit. Note: 'Knife' here would also include an axe, machete, and/or saw. You may also want to add things like: a whistle, a first-aid kit, a headlamp, some salt, an initial supply of toilet paper, a water filter, etc.

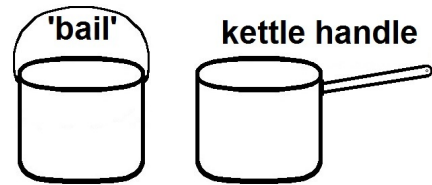


NOTES ON SURVIVAL KIT EQUIPMENT ITEMS

Studying wilderness survival teaches you how few items really are essential, and yet, how essential those few items really are.

• **Water Bottle** —Unless you are a young child, your water bottle should hold at least 1 qt / 1 lt. If you have a bottle made of stainless steel you can also boil water in it. By being able to boil water in both your water bottle and your cook pot, you can purify twice as much in essentially the same amount of time. Wide mouth bottles also seem to be more practical than those with narrow lids. In addition to boiling, water can also be purified by chemicals such as purification tablets, or with a filter.

• **Cook Pot** —Because it can be used for cooking, purifying water, and as a container in general, your cook pot is one of the most important items in your kit. Pots with a 'bail' seem to be easier to work with over a campfire than those with 'kettle handles.' A simple cook-pot can be made by attaching a wire "bail" to a can.



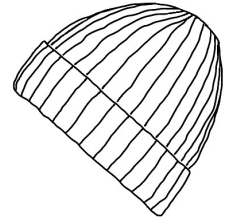
The most practical size cook pots to carry for personal use hold a little over 1 qt / 1 lt. If you are responsible for small children who are not able to carry their own kit, you may want to carry something a bit larger. For utensils, carve some chop sticks, or flatten a stick for a spatula, or carve and burn out a spoon.

• **Fire-Starters** —Because fire plays such a big part in wilderness living, a fire-starter is also one of the most important items in your kit. When choosing which fire-starter(s) to include, keep in mind that we will be staying indefinitely. Sooner or later you will use that last match, the lighter will run out, the 'ferro rod' will wear down. Then what? The only methods we have found of making fire indefinitely in the wilderness are historic flint & steel kits, friction fire methods, and possibly fire pistons. Practice making fire under different weather conditions to be competent with both fire making and fire safety.

• **Tarp** —It is possible to make adequate shelters using only materials found in nature. But tarps are fairly light weight and easy to carry, and with just some twine and a few poles cut near the campsite, a tarp shelter can usually be set up more quickly and easily. Unlike most tents, many tarp shelter designs can have a fire in connection with them. This enables your shelter to be heated, and can let you boil water and cook without having to leave the shelter. For average sized people a 6 ft x 8 ft / 2 m x 2.6 m tarp would probably be adequate. If you are taller, or have young children that are not be able to carry their own equipment, you may want to carry an 8 ft x 10 ft / 2.6 m x 3.3 m tarp. Remember to *make the frame to fit the tarp(s)*. Don't just set up a frame, and then try to get the tarp(s) to somehow cover it. Practice setting up tarp shelters so you can put one up easily and quickly.

• **Cordage** —(the root word here is ‘cord’). This is probably one of the easier items on this list to find and make in nature. However, about 100 ft / 30 m of twine it is fairly light weight, relatively inexpensive, and easy to carry. Including some cordage in your kit far out weighs the time and effort it would take to make some! Carry at least 50-100 ft. / 15-30 m. Natural fiber twine will biodegrade if it gets left behind, and if necessary, it can also be used as tinder for fire-starting.

• **Adequate Clothing** —Statistically, whether a person is wearing adequate clothing or not is the single most important factor determining whether they will be able to stay alive in an actual survival situation. Remember too that: (1) you loose over 70% of your body heat from your neck up, and (2) you will loose a lot of extra body heat if you get wet. So stay dry, and be sure to include a warm hat, an extra pair of wool socks, and a rain poncho in your kit. Historically it has also been shown that your shoes are the most important item of clothing, as they are what enable you to get around to get everything else you need. So possibly keep your light weight hiking boots next to your ‘grab-and-go’ pack.



• **Bedding** —Although some type of bedding will probably be the bulkiest item in your kit, it is also one of the most important. Keep in mind that we spend about a third of our time each day in bed, and that a good nights sleep makes a huge difference with just about everything. Choose the thickest wool blanket you can get, (possibly using a lighter one for day-trips). Although wool is heavy, it is quite durable, and wool will keep you warm even if it gets wet. It has been said that wool blankets are one of the greatest inventions of mankind —I agree! A military “poncho liner” might be another option. And keep in mind that sleeping bags are just ‘glorified blankets.’

• **Food** —Yes, food will get eaten up, and you’ll need to get more from nature. But a three-day’s supply of food, will give you time to travel and to find more. Choose foods that are light weight, low in bulk, high in nutrition, and that won’t get crushed in your pack. Such as: nuts, dried fruits, dried soup mixes, whole grain flour and meal, and salt.

• **Pack** —This may not necessarily be an ‘essential’ item for survival, but imagine trying to carry all these things without it. Be sure your pack fits *you*.

• **Knife** —This is probably the most important item in your kit. Keep in mind that ‘knife’ here also includes other sharp edged cutting tools as well. Besides a ‘knife’ for fine carving and meal preparation, (a ‘cutting tool’), you will also need something for more heavy duty wood shaping such as cutting shelter poles and splitting firewood, (a ‘chopping tool’). So, axes/hatchets, machetes/‘bush knives,’ and saws are also included in this category. Everyone should be sure to have their own knife, and, at least one of these other ‘chopping tools’ should be included in your kit. Although it would be too much for one person to carry all three of these heavier ‘chopping tools,’ it would be nice to end up with each of them in camp, so possibly each group member can carry a different one. Also keep in mind that another important part of this category is the equipment needed to keep these tools sharp. See Ecclesiastes 10:10.

• **Scarf** —This is probably the least ‘essential’ item on this list. But it is so useful for so many things that it has earned a place here anyway. Scarves can be used for: a towel, washcloth, ‘hot pad,’ table cloth, head band, head cover, gathering bag, (by tying adjacent corners together), cordage, bandaging, clothing, diapers, etc. Because of this, someone once told me that if they were stranded on a deserted island, and could only have one item, it would be their scarf.

Put your equipment together as if your life depended upon it —because it just might!

FIELD TEST ALL OF YOUR EQUIPMENT
 Be sure to ‘field test’ *all* of your equipment. Remember: ‘**If you can’t make it work in your backyard on a sunny afternoon, you won’t be able to get it to work up on the side of a mountain in the dark when it’s raining!**’

Proverbs 22:3

A E A

1. & 3. Wise peo - ple for - see trou - ble com - ing and a - void it.
 2. Water Bot - tle, Cook Pot, Fi - re Start - er, Tarp and Cord - age,

A E A

Wise peo - ple for - see trou - ble com - ing and a - void it.
 Water Bot - tle, Cook Pot, Fi - re Start - er, Tarp and Cord - age,

D A E A

B - ut fool - ish peo - ple keep go - ing and s - uf - fer.
 A - de - qu - ate Cloth - ing, Bed - ding, Food, Pack, Knife, and Scarf.

D A E A

B - ut fool - ish peo - ple keep go - ing and s - uf - fer.
 A - de - qu - ate Cloth - ing, Bed - ding, Food, Pack, Knife, and Scarf.

E A E A

Pro - verbstwen - ty - two verse three. Pro - verbstwen - ty - two verse three.
 Al - ways keep them in your pack. Be sure to keep them in your pack. Because –