

Disaster Survival Pack (CDC Approved)

1. Backpack:

There are several very good types of packs you can use for your survival pack. A good solid constructed pack is very important. If you purchase some cheaply made pack you may end up losing everything you have within your pack.



This pack is a \$30.00 pack at Wal-Mart. It's a mountain, hiking pack. It has all the room you need for creating your survival pack. It has several compartments on the outside along with a couple of mesh pouches on the sides. Inside there is two compartments. The main compartments on the inside are where you will be storing food and your clothes.

Then we also have the A.L.I.C.E.



The All-Purpose Lightweight Individual Carrying Equipment. This pack, just like the Molle (which will be talked about next), is a large pack. But they come in small, medium and large sizes. These packs are used in the military by soldiers to carry everything they

will need in the field. This pack utilizes a lightweight aluminum metal frame to support the weight of the pack. The pack has three small pouches and three medium pouches on the outside. On the inside the large compartment has a small pocket inside and this large compartment is where you will place most of your big items in.

(I had one of these and had it stuffed full. I had a 2 man tent w/ rods, three days' worth of clothes, a pair of hiking boots, and three weeks' worth of M.R.E.'s, a hammer/hatchet combo in the main compartment. In one of the medium pouches I had a med Kit w/ extra bandages and some medication that helped with wound care. The other two medium pouches held close to 15 magazines (25 rnd clips) of .22 caliber ammo a piece. The other three small pouches held my 50ft. of paracord, fire starter kit, duct tape, bandanas, fishing line, fishing hooks and more. Plus with the Alice pack you can add a canteen or two to the four side attachment areas.

The Molle

These packs have replaced the typical Alice pack. These packs have become more popular with doomsday preppers because there is no need for a metal frame to help support it.



MOLLE (pronounced molly, as in the female name) is an acronym for Modular Lightweight Load-carrying Equipment. This method of attachment has become a de facto standard for modular tactical gear. With even more room and more ways to attach more pouches to the Molle, it is a suitable pack for a bug out bag, or survival tactical pack. These range from \$50 up to \$80.00 dollars and up.

(On a little bit of a side note, a medium pack would be sufficient enough for most of your gear. Investing in a couple of small bags or packs that attach to your big pack, will allow you to create the perfect pack for yourself. So don't worry if you cannot afford a large pack, just add a small pack or two to your gear.)



1. Knife:

(Price \$5.00 to \$45.00 dollars)

A lot of people are of the opinion that a big knife is the “best” survival tool one can have. And while one large knife can do a lot of work, with proper technique a smaller knife can do the same amount of work. Also, a smaller knife is lighter and doesn't flop around on the belt as much as a big one, meaning it's less likely to be left behind when “just going to the stream to fill the canteen”.

2. A first aid kit:

_(Price: \$14.00 and up)



This should include analgesic, adhesive bandage, blister care, intestinal sedatives, antibiotics, antihistamines, anti-malaria medicine, potassium permanganate, bandages, butterfly sutures, a surgical blade, and other medicines deemed necessary)

The first aid kit pictured here is at your local Sporting Goods store or local convenient store for around \$14.00 dollars. It has a very good start and can be upgraded as you find things to be added to it. (I have this one myself and have been adding things to it as I go.

Altogether, I've upgraded and placed add-ons for an extra \$10.00 dollars. There are more expensive med kits/first aid kits out there. This is a **MUST HAVE**, so if you wish to indulge, you can pay up to \$50 dollars or higher. But remember, it has to fit within your pack, so if you have an extensive med kit, you may not have room for other tools you need.

Start off small and do a few add-ons. Just till you are able to get the med kit you want.

3. 50ft Rope:

(Price range from \$5 and up)



This can run between \$5.00 to \$10.00 dollars per 50 foot of Paracord. You can purchase this from anywhere over the net or find it in just about any sporting goods store. I for one prefer military grade 550 paracord. The applications of paracord are limited only by ones imagination. Although you should know that when you cut paracord, in order to prevent the ends from fraying, slightly melt the ends with a lighter or match.

Be very careful, as the melted plastic can drip & cause a burn. Some popular uses for paracord are: (Repair torn clothing, repair broken equipment, tow rope, tie down items, clothes line, shoe laces, zipper pulls, dental floss, tie things to your backpack, secure an animal, make a leash, tie up a person, trip wire, lower yourself down from a high area (be careful as paracord is not a climbing rope), make a ladder, tie a tarp or awning, if there is danger of avalanche tie yourself to your buddy so you can find each other should one of you get caught under snow, keep your stuff by tying around your wrist or ankle when swimming a river, drawstring, build a shelter by tying up paracord to wood or ponchos, make a hammock, make snare from inner strands, tie snow shoes, bow drill, string for bow and arrow, sling for backpack or water bottle, use it for signaling by tying to a mirror, make a bola, fishing line, fish stringer, secure your boat or raft, making a net, tie with some wood to use as a splint, tie a sling to hold your arm, sew up a wound, make a tourniquet, make a stretcher by taking two long sticks and running paracord in between.

The usefulness of paracord is endless or limited by your imagination. This is one tool you should invest it.

4. Magnesium Fire Starter kit:

(Price \$5 and up)



These take the place of your water-proof matches. These are three times better in many ways. One, they won't run out. After a long period of time during a Zombie Apocalypse, your matches will run out. With a good magnesium fire starter, you won't have to worry about matches getting wet or having to carry about a pound of matches alone.

These are fairly cheap. You can find them anywhere on the net, Sporting Good sites and stores, Wal-Mart, EBay just about anywhere. These weigh almost nothing, and can be stored in your pack in a small side pouch. This and a small bag of magnesium shavings will last you for a very long time.

5. Small compass & Map

(Price: this will vary due to what kind of compass and maps you purchase. Compass Price \$5.00 and up/Map Price Free up to \$50.00 dollars)



Remember, having a map and a compass will serve you well when surviving. Even if you get a large Trucker's Atlas, this will serve you well as with the compass. The only thing to remember when purchasing a compass is if it is in a metal case of any kind, it will be no good. The carbon fiber or plastic case compasses are the best. It doesn't matter if it is a military issued compass or a Cub Scout compass or even a specialized survival compass, they all serve the same purpose.

They will help guide you through your time of surviving. These range in price. I've seen them on the net from \$3.00 dollars to all the way up to \$20.00 dollars. They are small and compact and way nothing. So placing one in your pack will not take up much room and the road atlas, will be flat enough you can place it in your pack.

6. Self-powered light

(Price: \$5.00 and up)



These flashlights can be useful during an emergency, when utility power and batteries may not be available. Dynamo-powered flashlights were popular during the Second World War, since replacement batteries were difficult to obtain. This will come in very handy because it needs no batteries or charging.

Turn the crank and you have power. During the night you will need to see, so a wind-up flashlight will be one of the main tools you will use. So we suggest a good wind-up flashlight and yes we do advise you to have a battery operated one also. This way you can use the wind up as the main light source, and just in case it breaks or becomes non-functioning

you will have a backup. Or you can reverse it and use the self-powered flashlight as the backup. Either way, having a flashlight will contribute to your survival.

7. self-powered radio

(Price: \$45.00 and up)



Same concept as the self-powered flashlight, turn the crank and turn on. But it also has an added feature that I really like. The solar panel will also charge the radio. You are going to need information on the situation at hand or it can be used during camping. This will allow you the ability to hear the coming weather.

8. Emergency/"Space" Blanket

(Price: \$2 or \$4.00 dollars)



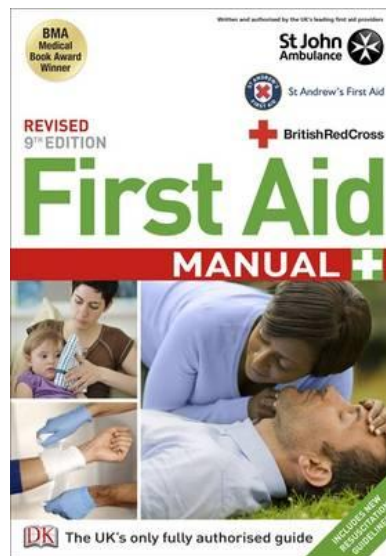
A space blanket (also known as a Mylar blanket, first aid blanket, emergency blanket, thermal blanket or weather blanket) is a blanket

used in emergencies to reduce heat loss in a person's body caused by thermal radiation, water evaporation and convection.

9. First Aid Booklet/Survival Guide

(Price \$5.00 to \$150.00 dollars)

(You or your friend might panic)



I'm not including any picture of this, due to the fact that you can download them or purchase them anywhere. Basically these are guides and/or manuals that will help you better deal with any medical situation that may happen to you or a friend during any day of life. They can help you treat injuries you may suffer during your disaster survival, hiking and camping accidents and even help in a Z-poc.

These manuals can range in sizes from large text book manuals to small pack guides that can help you out. Find one that fits you best and place it in your pack.

10. Emergency food (Such as energy bars, MRE-type meals, preferably non-perishable)

(Prices: \$30 and up)



I will suggest M.R.E.s to be placed in your pack. These come in small compact boxes and can be heated easily for a hot meal. If it's good enough for our soldiers, it's good enough to be placed in our survival packs. I have 3 weeks of M.R.E.s in my pack and they took up very little room. Plus they also include toilet paper, wet naps, sugar, salt and pepper packets and they are good for 5 to 10 years shelf life.

And the variety within the M.R.E.s you can almost never eat the same thing twice. We recommend you pack at least or no less the 3 days of M.R.E.s. This will give you food in times of crisis.

11. Duct tape

(Price: \$4 to \$6.00 dollars)



If it can't be fixed by duct tape, then it can't be fixed. Seriously, duct tape will come in handy when you are out in the middle of Z-poc. Get a hole in a tent, shoe, boot or clothes and don't have time or a safe place to try and fix it with fishing line, duct tape will serve as a good patch till

you are able to fix it. If you want to see how versatile duct tape is or ways duct tape can be used, take a few minutes of your time and look YouTube.com footage on uses for duct tape...

12. Fishing Line and fishing hooks

(Price: Hooks-\$2 or 3 dollars and a spool of good fishing line price go from \$5.00 to \$10.00 dollars)



Well, I don't think we need to go into to many reasons of why you need these in your pack, but just in case, here's a few words on these being placed in your survival pack. Reason one is fishing for food. The next thing you can use fishing line and hooks for is sewing. By straightening out a fishing hook and using it as a needle, you can sew up holes in tents, clothing and even those holes in your own flesh. You can make tripwires and snares using the fishing line alone. We suggest this because you never know how long you will be out in the middle of disaster.

13. Machete

(Price: \$20 to \$50 and some even go up to \$100.00 dollars)



A Machete should be given serious consideration for inclusion in a Survival kit. A Survival Machete has many uses during a Survival situation, including clearing the Survival camp-site and self-defense.

A Survival Machete is simply any Machete that will be used during a Survival event. While a Machete isn't absolutely necessary for Survival, a good Machete will quickly become indispensable. The Best Machete to use as a Survival Machete is, like everything else, a matter of opinion. The Katana style machete shown here is my pick for the WTS (West Tennessee Sektor Survival Pack). I chose this one from all the information and video tests I've seen. It allows for one or two handed usage and is strong and durable. If the handles ever break, you can make your own handle and keep using it.

Most of the cheaper machetes will end up breaking, due to their cheap construction. You will need to pick a machete that works and feels good to you....

14. Hatchet

(Price Survival Hatchet \$14/ Common hatchet \$12.00/ special combat hatchet \$14.99 and up to \$35.00 dollars)

(Komrad Rhino also sells these)



The hatchet will become one of your best friends in a survival situation, because you will need to cut wood to cook and keep warm. A small hatchet will come in handy for cutting and chopping harder materials. The best hatchets I've found and that last are the ones where the handle and the blade or axe head are one piece. The combat tactical hatchets and the survival hatchets that are found everywhere on the net and throughout the sporting goods stores will serve you well.

The survival hatchet pictured above has three functions with one item. You have the hatchet side; the hammer head and the angle pry bar tip. So you will have three needed tools in one. I don't like the wooden or plastic handle hatchets. After a few uses of these and an environment surrounding will tend to cause problems. Wood will expand and contracts according to the weather. After time the wooden handle will become brittle and break or the hatchet's head will fly off in mid swing and then you're stuck with a piece of wood you can sharpen into a stake.

As for the survival hatchet or a tactical hatchet, these are solid steel and will last as long as you take care of them. Which means at least wiping them down with a dry cloth after use, sharpening the blade and keeping them dry? But as always, you have to choose what best suits you and your usage.

15. 8' x 10' tarp

(Prices range from \$8 to \$20.00 dollars depending on size.)



If you have a tarp in your survival bag, you also have a tent, you have a water collection system, cut a section of it off and make a poncho, and the uses of a tarp are almost limitless. You can even use them to snare food in the wild. So having one of these in your pack is a must for all disaster situations.

16. Glow sticks

(Komrad Rhino sells packs of 4 for \$6.00)



These are an excellent source of light when you want to save batteries in flashlights. I recommend the color blue, but most survival websites and even the CDC say use red or green. I like blue so that's what color I have inside my pack...

17. Ear Plugs:

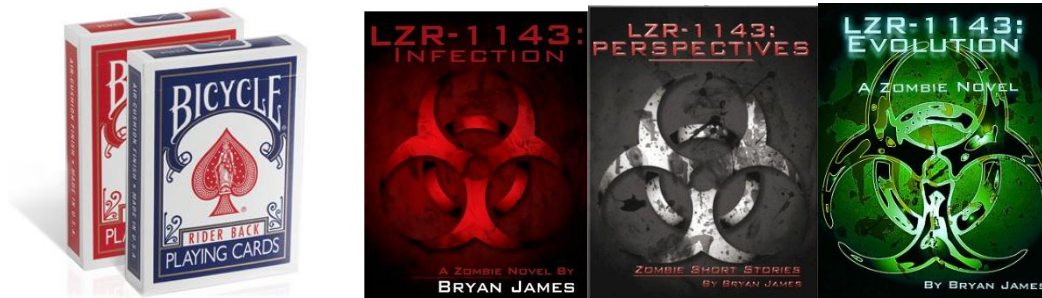
(price: \$1.00)



These are used to drown out the moaning of the undead (No need to say any more about these, right?).

18. Deck of Cards and a novel. You will get bored

(price Cards: \$1.00 to \$4.00 dollars, Novel price: (depends on what kind of books you like to read. Ranges are from \$1.00 to \$20.00 dollars)



You are going to get bored during your time within the Zombie Apocalypse and having something to read or something to keep your hands busy will help give you some peace of mind. You will have to entertain yourself even in a disaster scenario till help comes. So having a quiet form of entertainment will help. Plus you will hear when help comes or when a horde of undead are getting close.

19. Can Opener

(Price: \$1.00 at Dollar Tree)



You're going to need one of these to open canned food that you may scrounge during Z-poc or a natural disaster. Because you can't rely on the military, local authorities or whatever to make sure you eat.

20. Mess Kit

(Combined price: \$5 to \$10.00 dollars)



Without these items, you will have to eat cold food. And if you trap or fish for food, you can eat it raw, but sooner or later you are going to get sick. So having a way to heat or cook your food will help you feel somewhat normal within a tight jam.

21. Two-Way Radio

(price range (\$30 up to \$250.00 dollars))



Two-way radios allow your workforce or survival group to stay in contact at all times. Also with a two way radio, if you get lost during a camping trip, hunting expedition or a hiking adventure, you will be able to call for help. Yes it may take time for your rescue party to reach you, but with this radio in your pack you will have a lot better chance in being found within a shorter amount of time.

During a disaster it will offer you the same percentile of being rescued faster, just like when you are lost. With this item in your pack, you now have a way to communicate with those who might be able to help you. We recommend you have at least one in your pack. You never know when just talking to dead air will bring you peace of mind or even allow you to find other survivors during whatever crisis you or others are facing together.

22. Ziploc Bags

(Price: \$3.00 or \$4.00 bucks)



Ok, a box of Ziploc bags has many uses. From keeping bullets, toilet paper and other items dry. You can use them for so many things, from storing food to even using them as water bags for drinking water. I would recommend Ziploc 1 gallon bags because of the color changing zips that let you know they are closed and locked tight. Cheap ones will do the same thing, but don't give you that comfort of knowing they are closed...

23. Accusharp knife sharpener (for knives, swords & tools)

(Price \$5.00 up to \$10.00 bucks)



This is a must have. If you are to survive for a long period of time and you use your bladed weapons often, then over time they will become dull. With this sharpener you can easily put an edge back on your blades, in return ensuring the tools usefulness and long gevity. You can easily sharpen knives, (even serrated knives), swords, cleavers, axes,

machetes, and many other cutting tools. The large ergonomic handle fits either hand safely and securely.

Most blades can be sharpened to have a razor edge after only a few passes with our Accusharp sharpener. The full length finger guard protects your fingers. Sharpening blades are Diamond Honed Tungsten Carbide and provide years of reliable use. This knife, tool and scissor sharpeners will not rust and can be cleaned with soap and water, or in the dishwasher.

24. **Sleeping bag:**

(Price Range \$20 up to \$200 dollars.)



A sleeping bag is a protective "bag" for a person to sleep in, essentially a blanket that can be closed with a zipper or similar means, and functions as a bed in situations where a bed is unavailable. A basic sleeping bag is simply a square blanket, fitted with a zipper on two or three sides, allowing it to be folded in half and secured in this position. A sleeping bag of this type is packed by being folded in half or thirds, rolled up, and bound with straps or cords with cord locks. The basic design works well for most camping needs but is inadequate under more demanding circumstances.

The second major type of sleeping bag, sometimes called a mummy bag because of its shape, is different in a number of important ways. It tapers from the head end to the foot end, reducing its volume and

surface area, and improving its overall heat retention properties. Some bags are designed specially to accommodate women's body shapes. Most mummy bags do not unzip all the way to the feet. The zipper is a weak point in any sleeping bag's insulating qualities.

Together with the tapered shape, this design feature helps protect the feet, which are more vulnerable to heat loss than other parts of the body. Another design feature is a drawstring, equipped with a cord lock, at the head end to help prevent the escape of warm air. A mummy bag often cannot be rolled like a rectangular bag. Instead, it is simply stuffed into a stuff sack or compression sack.

The type of sleeping bag you have with your survival pack depends on your climate. So knowing your environment will help in your purchase of a good sleeping bag.

25. Hat:

(Komrad Rhino sells hats from \$5.00 to \$8.00 dollars)



You will need two hats. One stocking and the other any style you want. For the second one, I prefer, (What some call the boonie hat.) or as I call it, The Specialist.

26. Three days of clothing.

You can take clothes that you have and place in your pack. You will need to remember that you have to plan ahead for weather conditions. Three pairs of pants, under clothing for three days, 4 or 5 pairs of socks, (Because your number 1 mode of transportation will be your feet, so keeping them warm and dry will keep you healthy), three T-shirts, three long sleeve shirts, hiking boots or tennis shoes and a jacket. The jacket can be lightweight or heavy, it just depends on your environment.

All these items will fit within your survival pack. I know, because they fit in my Medium transport pack, (Molle). These are trusted, tested and approved by West Tennessee Sektor team and the Komradz that help develop this survival pack. If you follow the rules and the guide to what belongs in your WTSP you will make it through any disaster or Z-poc.