

3 litre juice bottle with a handle contents

Tunalite x 85g can

Sardines x 125g

1 x tub of peanut butter

3 x Mega nuts peanut butter bar

3 x Cup of Soup Chicken, tomato, pumpkin

3 x Snack jars – peanuts, raisins, choc bits, almonds, dried apricot

Knife

Fork

Spoon

Thermal blanket

3 x toilet facilities – 2 plastic bags put together and rolled up

10 bread tags for pegs

Scriptures – Book of Mormon

Mini Torch

Packet of Waterproof matches

1 x ID cards with own name address and phone number

1 x ID card with children' s names, addresses, phone numbers

3 x blood pressure pills

3 x water retention pills

3 x 50 billion probiotics

10 band aids

Panadol x 10 500mg

Arnica 2for shock and bruising

Ural Sachets x 3

Bottle of Iodine

Tramadol x 8 50mg



Panty liners x 6

Insect repellent

Eye wash for my blephritis

Carbo Veg for tummy upsets

Hepar Sulph for infections

Mans shirt – sewn along the bottom and the sleeves attached at the cuffs to the bottom of the shirt

2 x 1.5 litre bottle of water

2 x 750 ml bottle of water

These go into each sleeve and tied with string on the outside so they are secure

Loose items

Small cooking pot

1 x bread plate

1 x pudding plate

Hi viz vest

Passport

4 Generation pedigree chart

Insurance documents

Plastic poncho

Large coffee mug with lid

Extra bag of scroggin

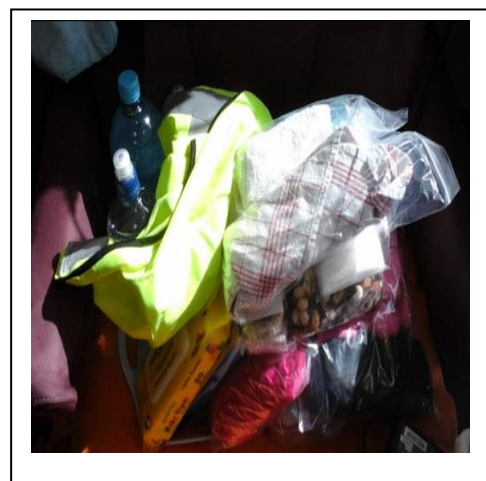
1 pkt 80 baby wipes

Extra emergency blanket

1st zip lock bag

Knife

2 x tea towels



1 x dish rag

2 x flannels

2nd zip lock bag

Roll of toilet paper without the inside cardboard

1 bottle of hand sanitiser

3rd zip lock bag

Hymn book

Gloves

Scarf

Fingerless gloves

Pair of woolly socks

4th zip lock bag

Garment top

Garment bottom

Socks

Tee shirt

Shorts

5th zip lock bag

Jersey

Tee shirt

Long pair of pants

4 long lengths of string to secure bottles into place and to use to build a shelter or clothesline

It is to be hoped in the event of an emergency that you will already be dressed for outdoor with good shoes and a jacket on

Remember this is just my kit – you can pack whatever you want into your kits.

No need to buy a backpack - all you need is a mans shirt sewn along the bottom

Insert your arms through the sleeves and carry easily+

