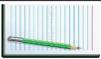


Coffee Can Survival kit Items

Item	Image	Shelter	Fire	Food	Signal	First Aide	Repair	Description /Uses	Must have
Can				✓				A metal coffee can with a tight sealing lid makes a Container for the survival kit as it can easily be thrown in any day bag or back pack. IT is important for it to be metal as it can double as a pot to make soup or boil water in. so it needs to be able to be placed in fire.	Y
Orange Garbage bag		✓			✓			A plastic garbage bag means an excellent emergency shelter and it will keep you warm and dry. Be sure to limit the openings to just one in the corner for you face so you don't let heat out and water in. The orange colour and large size allow it to double as a signaling device to flag down air craft or draw the attention of other passers by.	Y
Tinfoil			✓		✓			Tinfoil is really good for making into a bowl or cup but backs very small. You can also use the reflective side as a signal mirror.	Y
Bandana		✓		✓		✓		The Bandana has many uses. It can help keep the sun off of you (may only be partial protection). I can also act as small bandage to help protect wounds and hold dressing in place. It can also be used to protect your hand when pulling your can out of the fire (Be sure to not use a plastic one that could melt).	
Wind Proof matches			✓		✓			These will help start your fire and help keep you warm and/or possible signal for help. Be sure to pack a striker as you will only have a limited number of matches so you want to make them count.	Y
Fire Starters			✓		✓			Fires can be hard to start at the best of times, let alone when you are lost, cold and only have what you could find. Cotton balls covered in petroleum jelly make great fire starters that don't take up too much room.	Y
fishing line		✓		✓		✓	✓	A Small quantity of fishing line can be really useful to have when you are lost. It can be used to help build a shelter, used to repair cloths or equipment or help secure first aid measures. You can of course use it for fishing as well but you may want to make sure you tie it to something so the fish doesn't pull or fingers off. Small rolls of Dental floss also make good substitutes.	Y
Needle							✓	A sewing need will help you repair and clothing of equipment that you may need. Just be sure to tape it to a piece of paper so you don't lose it or poke yourself when getting things out of your kit.	
Fishing Hook				✓				Good for helping you get food if you are lost. Again be make sure it is placed in your kit in a safe way so that you don't accidentally poke yourself with it.	
Bouillon Cube/dried soup mix				✓				Bouillon cubes or soup mix are important to include as they help get warm liquids into you and replace some electrolytes that you will have lost. One cube can be used for multiple cups of soup so they are an effective use of space.	Y
Duct tape		✓				✓	✓	This is always handy to have around as it has lots of uses. Partial used roll can actually fit better into your can than new rolls	
Paper and Pencil			✓		✓			The paper can be used to help light your fire, but the paper is more valuable to help you keep notes for you or those that find you if you are incapacitated	Y
Flagging tape					✓			the best practice is to stay in one place if you are lost, but flagging tape can be good to have if you end up lost for longer than a day or two. They will help mark your way back to your main camp and help others find you if you have to go in search of water.	
Wire		✓		✓			✓	A nice sturdy wire is good for setting snares, build a shelter with or helping to repair equipment.	Y
Small chocolate bar/Fruit bar				✓				High Calorie snacks are good to help keep up your energy when you are lost. They also provide a nice comfort, just remember this is not a snack it is for emergencies.	Y
Paracord		✓					✓	Paracord is another nice to have it is great for helping you build and repair things but wire and fishing line are much more efficient in terms of space.	
Whistle					✓			You should already have one with you in your backpack or day bag but if you have space a nice loud whistle will carry farther and more clear than your voice.	
Bandages/ Sutures						✓		When you are lost scrapes and scratches are likely, you should have a little first aid kit with you but , adding a few more into your survival kit can't hurt especially given their size.	