
Pocket Personal Survival Kit



Preparation of a Personal Pocket Survival Kit - or PPSK - can be the key to surviving in a situation where you find yourself lost or separated from your Troop, Crew or group. The key is to address each of the Priorities of Survival, use the Utility to Weight ratio, and to ensure that you can satisfy each of the requirements necessary to survive in the environment where you will be traveling - while fitting as many of the needed items into a carrying case that will fit into your pocket.

First Aid Kit

A small but complete First Aid kit will serve as a cornerstone of your PPSK. Your PPSK is intended to treat you alone, and should not be as large or complete as the First Aid Kit that you carry in your backpack or regular survival gear.

Shelter Components

The requirements of shelter can be as simple as a large 2-3 mil plastic bag that can fit over your entire body. Equipment that can be utilized for multiple applications is key to establishing an emergency shelter. A poncho, Mylar emergency blanket, or sheet of plastic meets the requirements for constructing a survival shelter.

Fire Starting Kit

The ability to make a fire under any conditions can be the difference in surviving successfully and being rescued, or suffering hypothermia or worse. In a survival situation you must have at least two methods of making fire in addition to the traditional methods of matches or lighter. It is also essential to have a small supply of tinder material, char-cloth, or dryer lint to catch a spark and start a fire.

Signal Components

A small but powerful whistle like a "Fox 40" is a PPSK necessity, as well as small break-resistant mirror for signaling using the sun. A small plastic mirror works well, and a piece of foil or mylar film stretched over a piece of thick cardboard and sized to fit into the lid of your PPSK would work just as well as a more expensive commercial signal mirror.



Water Purification Kit

Having a means of quickly purifying water to drink is essential, as well as a means of obtaining and carrying water. A commercial filter can be an easy addition to your PSK, but also an expensive item. Having one or more 1 quart zipper-lock type plastic bags work well to carry and store water without taking up a lot of space or costing a great deal of money. The multiple uses of zipper-lock plastic bags also fits well into the Utility-to-Weight ratio evaluation method.

Survival Food

While it is not recommended that you carry any significant amount of food in your PSK, having a few packets or cubes of bullion can make a great difference in having something vs. nothing to put into your stomach if stranded or lost. If available, small packets of peanut butter or jelly can also go a long way toward improving your morale before you have to think about finding some real food.

All of the items of your PPSK should fit into a carrying case about the size and dimensions of an "altoids" tin, or a soap case. Remember that the Personal Pocket Survival Kit is meant as a "last chance" kit and not as your main survival kit. A PPSK can also be carried in a daypack, pocketbook or outer pocket of a jacket or vest and could easily be adapted for use as an urban emergency survival kit.