

MySurvivalAlliance



13 ESSENTIAL ITEMS TO PACK FOR YOUR BUSINESS TRIP

1. White Hand Towel
2. Zote Mexican Laundry Soap
3. Dr. Bronner's Magic Pure Castile 18 in 1 Peppermint Hemp Soap

[.. Continue Inside](#)

SURVIVAL PREPAREDNESS

By Alvin Toothill

A survival kit is an excellent thing to have at home or in your car, simply to your own peace of mind. This post comprises a survival kit list of the pieces you must get by in an emergency.

I simply read a hub by a fellow hubber of ours having to do with a "bugout bag", or a crisis survival kit. I was thinking of making a hub on precisely the same issue: when I was the Finance Manager of a Non Profit institution, ours had to, in response to your Security directive during the Bush administration, make emergency survival plans, and develop emergency survival supplies.

I recall most of what I learned in the pros in preparing for an emergency for my institution; also, I came across the prep contents another day, and got to thinking... It actually would be great, and give a person a much-needed feeling of security for oneself and one's family, to be basically prepared for ANYTHING, in today's world.

I firmly advocate folks to do this: get a survival kit ready, just in case. You might go on about your company with fewer worries about what's going to happen next.

Here's what the experts said to have stashed, for survival in an emergency:

- Water. At least 2 gallons per individual.
- Rope and/or Duct Tape
- A groundsheet or tarp
- An ax
- A battery-operated radio
- Sleeping bags, one per individual
- Generic seeds, not hybrid seeds, which cannot produce plants with viable seeds
- Candles
- Flashlight (or torch if you're English!)
- Writing materials: pencil, paper...
- A Compass
- 3 changes of clothes for each person; comprise seasonal garments, like a winter coat; make sure they are sturdy garments like denim. Additionally footgear ideal for hiking; hiking BOOTS are the best, in the event you have to run and it's snowing.
- Flares
- Fishing line and lures

- Several novels. One among them should be a survival guide, including advice on what plants in nature are edible.
- Pup tent
- Gloves
- First aid kit
- Salt

And that was basically it. Essentially, it seemed like camping stuff. All of these things are easily accessible (now), and not very expensive.

You could survive indefinitely with only these substances from this survival kit list to help you. What you couldn't bring with you, you would find a substitute in nature. And you've got the fundamental tools to do just about anything you need to do: construct a shelter, set traps for edible ground creatures, fish, plant seeds, sanitize drinking water...

Sort of like "Robinson Crusoe" goes suburban, if you could get into that.

Once you pulled this survival kit list together, you could just forget about it and expect you never wanted it, and rest easy, understanding, no matter what happens, you're prepared.

Below are some other things that are good to understand:

An individual can survive for about 30 days without food, on the average.

A person can survive 4 to 7 days without water, on the average.

An individual can endure 4 to 7 minutes without atmosphere.

And some other survival nuggets which might be intriguing:

The optimum group for survival is a mixed group of men, girls and kids. A group composed completely of adult men, or solely of adult women, has a smaller possibility of survival when compared to a group which includes both women and men, and at least one kid.

The optimum number of individuals in the survival group is from 7 to 13 folks; and it is helpful to have odd numbers of individuals, instead of even amounts of folks.

The more different the group is in relation to skills, the better. The least optimum variety of survival group is 1. Do not go it alone!

Best of luck and God Bless! Get the survival kit list of stuff together, and then do not worry about it.

Love from Heaven.

SURVIVAL TIPS: ASSEMBLING YOUR SURVIVAL KIT

By C.L. Hendricks

A life changing disaster can happen at any time. Having a disaster survival kit you can access at a moment's notice can mean the difference between life and death for you and your family. While you can buy any number of different survival kits, it is just as easier - and usually less expensive - to assemble your own survival pack.



Whether it is a tornado, earthquake or all-out war, it is important for you to be able to survive with the loss of electricity, gas, fresh water supply and shelter. Being prepared can help you avoid needless suffering.

Mini Survival Kits

Mini emergency survival and auto survival kits are available to provide you with basic necessities for a three-day period. These kits are stored in cars, boats, or taken on hiking or camping trips. The kits are small enough to fit in a jacket pocket and contain things like:

- Waterproof matches/lighter
- Small mirror or survival whistle for signaling purposes
- Candle
- Fishing line and hook
- Water purification tablets
- Small compass
- Hard candy or bouillon cubes

Survival in a Can

You can actually survive in desert-like or arctic-like conditions with the contents in this can. It's compact, air tight and easily carried. A kit can carry any or all of the following things:

- Compass
- Waterproof matches

- Fishing line and hooks
- Bouillon cubes
- Tea bags
- Sugar packets
- Razor blades
- Signaling mirror
- Band aids

Winter Emergency Kits

These kits are especially for cold and snowy weather in which you may find yourself suddenly while camping or hiking. These kits are good for times when blizzards knock out power for long periods of time. A winter survival kit should include these items:

- High-calorie nutrition bars that contain 400 calories or more
- Water purification tablets
- Pre-packaged meals pouches that can withstand fire
- Waterproof matches
- Thin, but insulated emergency sleeping bags
- Portable cooking stove
- Steel utensils and cups
- Long-burning candles
- Multi-function knife
- Collapsible tent

Survival Food Kits

Food survival kits should last one person three days or longer. The best kind of food to put in a survival kit are freeze dried foods that just need a little water to become ready to eat. Foods that contain more than 2000 calories and high protein survival bars are the preferred items for survival kits. You should also include water purification tablets, sugar packets, candles, and plastic utensils.

Bug Out Bag (BOB), Go Bag and Grab & Go Bag

This kind of kit is kept in a survival backpack and within easy reach in case of emergency. The BOB or "Get out of Dodge Bag," was originally a 72-hour survival kit, but these days many people pack them to last longer. This kind of survival kit is for serious emergencies when you only have time to grab it and run for safety.

For long term disasters when the government can no longer help you, putting together a disaster survival kit is a proactive move that can be lifesaving. A BOB contains certain supplies that may not be needed in short term disaster scenarios, like a pot for disinfecting water, rubber gas masks, duct tape, and plastic.

Disaster Survival Medical or First Aid Kits

The probability of serious injury is high when it comes to disasters like earthquakes and tornados. It's important to have ready access to medical supplies. Serious injuries must be treated within the first minute and patients must be stabilized within the first hour. You cannot do that without proper medical supplies. A complete disaster survival kit should contain the following for medical emergencies:

- Antiseptic/antibiotic/burn relief spray/ointment
 - Band aids, all sizes
 - Gauze
 - Alcohol/hydrogen peroxide
 - Cold/hot packs
 - Eye drops
 - Extra strength ibuprofen or acetaminophen
 - Sinus medication
 - Antacid tablets
 - Splint/stretch bandage to set broken bones
 - Tweezers and scissors
 - Benadryl for allergic reactions
 - Q-tips

You should always have a fully stocked survival kit that can be reached easily. It's a good idea to check your kit regularly to make sure it's updated with the latest necessary items to give you the best possible chance of surviving any kind of emergency.

BUILD YOUR OWN CAR SURVIVAL KIT

By Steven Chabotte

Lots of articles discuss what kind of a bug out bag to create for your car - just in case of disaster.

But what about the emergency kit you should have for everyday use - the one that helps you when your car has a hiccup on a nice weekend drive in the country?

You can either create a fully stocked kit for any sort of emergency or you can make a basic kit and then supplement it for specific conditions like cold weather driving or taking a long trip.



Let's look at the essentials and then some additional supplies you might want for winter and long trips where help could be a good distance away.

Inside the car

This first list identifies those items that you should probably keep inside the car, either in the glove compartment or the arm rest (or in any of the little pockets built into doors, etc.)

- Your owner's manual
 - Registration
 - Insurance card
- Emergency phone numbers - including nearest relatives, auto club, doctor, etc. It is good for your own personal reference and in case you have an accident, it can help the rescuer get in touch with a proper contact quickly.
- Coins to use for tolls, parking and telephone (if you can even find a payphone any more.)
- Maps of the areas you travel. I know smartphones have access to maps but sometimes it is helpful to be able to lay out a real map for planning purposes.
- Paper and pen - good for keeping notes and leaving a note on the car if you need to abandon it

to get assistance.

- Miscellaneous convenience items like tissues, sunglasses, trash bag, etc.

Inside the trunk

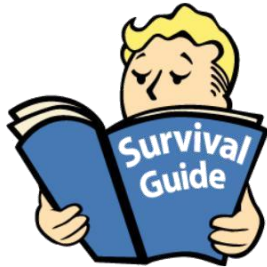
The trunk should contain all sorts of items that can help you get going again after basic failures - like a flat tire or a dead battery - as well as items to keep you safe on the road at night.

- Jumper cables
- Spare tire - A full sized spare tire is wonderful but even the small "donut" tires will get you where you need to go in an emergency. But some cars now do not come with any tire to keep the weight down. If you are unfortunate enough to have one of these cars, you might want to consider investing in a spare. (Oh, and be sure it is kept inflated.)
- Car jack and lug wrench appropriate for your wheels so you can change a flat if needed.
- A UL approved fire extinguisher in case of fire
- A tool kit - suggested items include pocket knife, screwdrivers, pliers and an adjustable wrench.
- Electrical tape and duct tape for quick repairs of frayed wires and leaking hoses
- Flares and emergency warning triangle in case you break down in a dangerous section of road
- Flashlight - preferably waterproof because it always seems cars break down in downpours
- Gallon of water - for an emergency fill of the radiator
- Paper towels or rags to help you clean up.

Specialty items for wintertime driving

- Blankets to keep you warm if the car stalls out
 - Ice scraper
 - Can of de-icer
 - Some nonperishable snacks like granola bars
 - Shovel
- Bag of sand or road salt in case you get stuck in icy/snows conditions
- Traction mats to help you get moving again if you find yourself stuck in the mud or a snowdrift
- Windshield washer fluid - unlike water, it generally won't freeze up on you

- Traction cleats or snow chains if you are driving in an area that could warrant this
- Portable CD radio so you can call out in an emergency. This is good for areas that have poor/no cell phone coverage



Specialty items for long distance trips

When you take a long distance trip - especially to a remote location - you should pack additional supplies for your car. These can include:

- Car repair manual for your specific make/model
 - Motor oil
 - Brake fluid
 - Power steering fluid
 - Transmission fluid
 - Fuses and a fuse puller
 - A drive belt
 - Tire pump
 - Fuel filter
 - Tire repair kit
 - First aid kit
 - A supply of food and water

While there is no way to pack everything you could possibly need, this type of kit will cover all the supplies you need to keep you going for many of the roadside situations you may encounter.

TRAVEL SURVIVAL TIPS: 13 ESSENTIAL ITEMS TO PACK FOR YOUR NEXT BUSINESS TRIP

By Mike Bindrup

Travel Survival Tips

Traveling for business or pleasure for the most part is great experience. Travel does have its disadvantages, especially when you forget to bring some essential item. Being prepared is the secret to the travel game. Having both worked and lived abroad, I have had to travel in many different environments.



There are certain items that I always want to have with me on a business trip because of their usefulness. Most of the items are surprisingly inexpensive. Here is the Travel Survival list that I have compiled of items that I take with me when I travel for business.

13 Essential Items to Pack for Your Business Trip

1. White Hand Towel

A basic white 16" x 27" hand towel. The saving grace to this towel is its compact size. Not too big, not too small. It is big enough to shower with even for a big guy like me. Hey, it is not the "Ritz-Carlton" of towels, but it is big enough to get the job done. If you have to wash it, it washes easily in the sink in your room. If you have to use a commercial laundry, it takes up less space and it also dries quicker. That will save you money in the end. At 2 Euro to wash a very small load in France, it adds up.

I have used it to shine my shoes, rolled-up as a pillow, and even a dust cloth. It can also be used to clean up a variety of spills. Make sure that it is white so it can be bleached. Most of the time I simply wash it with Zote (See #2) Best of all, you know where this towel has been. Less than \$5

2. Zote Mexican Laundry Soap

I prefer Zote Brand - Choose the pink one, it has a great citronella scent and it just works. Zote gets out stains that would never come out with anything else. When you spill on your favorite tie; Zote to the rescue. It will even remove old stains that have been on clothing for sometime. It also has fabric softeners built in. So when your luggage doesn't arrive, you can rewash your outfit with Zote and you are on your way! Purchase Zote at any Latino Supermarket. It is a great product and it smells so good. Less than \$1.

3. Dr. Bronner's Magic Pure Castile 18 in 1 Peppermint Hemp Soap

The most unique and refreshing soap you will ever use. Dr. Bronner's website explains that the soap is "A combination of organic extra virgin coconut, olive, jojoba and hemp oils, together with pure essential oils, creates a unique soap that cleans effectively without being aggressive and produces a velvety-lather that leaves the skin silky-smooth and refreshed." it is a little pricey, but well worth it. The soap is ultra concentrated so you should dilute it.

A bottle will last you much longer than you think. The awesome peppermint oil in the soap helps wake you up during your morning shower. It is also good to use as a refreshing face wash. I love this product. It is also interesting to read the bottle. Dr. Bronner brought the soap to the United States in 1948; his family has been making soap for 5 generations. All-One! 2 ounce bottle \$3

4. Dial "Gold" Antibacterial Soap

Dial makes the best antibacterial soap on the market. Lets face it, hotel rooms can have a lot of germs. Don't bother with liquid soap; the bar soap has more of the active ingredient in it than the liquid soap. Forget the little soap in the box that they provide for you. Use Dial to wash your hands, the counter, tables, and you! This will help keep you from bringing home the souvenir of sickness. \$3 for a 3 pack.

5. Swiss Army Knife

Make sure to check this item if you are traveling by airplane. TSA will not permit a knife on a plane (Duh!) I am 1/2 Swiss. I have been using Swiss Army Knives since I was a kid. They are reliable and useful in so many ways. They are also easy to slip

6. Leatherman Multi-tool

The main purpose for the Leatherman is the needle-nose pliers. I tend to use my Swiss Army Knife more than my Leatherman. However, I have forgotten to pack it on occasion when I really could have used the pliers. You can unstick a zipper, tighten a bolt, etc. A great tool to have on hand everyday. \$30

7. Glad White Plastic Quick-Tie Kitchen Garbage bags - 13 Gallon

These bags are good for dirty clothes, shoes or whatever you don't want to touch your clean stuff. They work great as barf-bags for those of you doing some international travel. They are also good for taking out the trash! \$7 for 80 Bags.

8. Plastic Zip Tie Cables

These can withstand 40 pounds of pressure. I always throw in a couple of zip ties. just in case. You can use zip ties to repair almost anything; a luggage strap, shoes, luggage lock, etc. Less than \$7 for a pack of 20.

9. "The Bullet" Fisher Space Pen

Developed by Paul Fisher. This pressurized pen was first used by NASA on the Apollo 7 Space flight in 1968. Without the invention of the Space Pen, astronauts would still be writing in pencil! The bullet pen is my favorite. It fits in your pocket, and it always works. It even writes under water. Once you try one, you will be hooked. Made in the USA in Boulder City, Nevada. \$25

10. Moleskine Notebook

I first came across a Moleskine Notebook while living in Europe. I love the simple concept of a banded hard-bound notebook that you can carry with you everywhere. Simple, black, rounded corners, with a pocket in the back. They now come in several different sizes, styles, and colors. I still prefer black. It is always on my person along with my Fisher Space Pen (See #9). \$12

11. Zippo Lighter

It always pays to have a way to light your path or start a fire. One of the first lessons you learn as a Boy Scout is how to light a fire. Always be prepared. I bought my first Zippo

when I was 18 years old. It has been a great tool to have. You probably have to check this one with your luggage as well. \$25

12. Sewing Kit

Make sure to have a sewing kit with you when you travel. If you need a needle and thread or a button, this item is worth its weight in gold. \$5

13. Duct Tape

This one is a no-brainer. A must have for on the go repairs. A million and one uses come to mind for Duct Tape. You can even make a nice tie or wallet if you get bored. A roll is very nice to have if you need it.

THE 25 SURVIVAL USES FOR DUCT TAPE

By Scott Michael

It was during World War II that the US military needed a waterproof tape but was also tough and flexible for making repairs in the anywhere a soldier might have need to patch up their gear. The company, Johnson and Johnson, had a division called "Permacell" that created the much-appreciated tape. Many stories suggest that GIs called it "duck tape" because water ran off it just like it would off a duck's back.



1. **Water Bottle Repair:** Got a busted water bottle or canteen? No worries, just use duct tape. Remember that duct tape can't stick to a wet surface so empty it out or make sure the surface is dry before adding the tape.
2. **Broken Tent Pole or Fishing Rod?:** Mend the back together with some tape!
3. **Simple Fly Trap:** A few foot-long strips of duct tape can make a simple trap and when done, just toss away! Good for use in tents, cabins and motorhomes and no chemicals either hanging around.
4. **Blisters:** Cover a blistered area with a bit of gauze made of cotton and tape over. Make sure not to let tape touch blister(s). Ouch!
5. **Bug Be Gone:** Got a tear in your tent window or door screen? Cover the hole with duct tape until you can make a permanent repair.
6. **Make a Handy Rope:** By twisting one or several lengths of duct tape, you can make a makeshift rope.
7. **Reseal Food Packages:** Use duct tape to seal up opened packages of food to keep the food fresh longer.
8. **Create a Splint:** You can stabilize a broken ankle or leg with materials consisting of, wood (sticks or branches) padding and duct tape. AKA a splint.
9. **Make a bandage:** If you have tissue paper to cover the wound with duct tape. No tissues? Use paper towels or napkins instead.
10. **Perimeter or Camp lighting:** String lights around your camp with a rope made of duct tape.
11. **Repairing a Tent:** Got a tear in the Forest Castle? Keep insects and weather outside by patching up a tear with duct tape. Be gone thy forest pests!
12. **Make a Spear:** Strap your knife to a tree branch to make a spear to either catch dinner or scare off an uninvited dinner guest!
13. **Your Flap is Open:** Your tent door fluttering in the wind. Nothing worse than a broken zipper letting in bugs and creepy things! What to do? Duct tape it man!
14. **Create a shelter:** With some trash bags and some duct tape, and you have a survival shelter roof, or sleeping bag cover, a wind break, or well, there are kits of possibilities.
15. **Emergency Repairs to Your Vehicle:** Plug up leaking hoses, windows that won't stay up, fix a busted tail light or hold up the bumper that got knocked off by a boulder!
16. **Cuff your pants:** Need to keep the bugs and nature out of your pants? Wrap a piece of tape around your pants near your boots to keep out what needs to stay out.
17. **Make a "not so fashionable" belt:** Measure out a length of tape that you think will work. Fold it in half, and presto a belt. Want to make a belt buckle, overlap a single piece to each end of the belt so that you can pull it apart when nature calls.
18. **Repair a Plastic Trash Can:** Got a split in the can, duct tape it. Do both inside and out for extra durability.
19. **Stabilize a Sprained Ankle:** Sprained your ankle? Wrap it with duct tape to give it some support so that it doesn't move.
20. **Find Your Way Back to Base Camp:** Duct tape comes in many colors and some are reflective. You can find your way back to camp by leaving strips of tape on rocks, trees or branches as a guide back.
21. **Repair Your Clothing:** Got a rip in your jacket, pants or hat? Put two strips together over the rip. Have a sticky side on the inside and the other piece shiny side out put together to form a seal.
22. **Repair Your Glasses:** Great... your glasses break while you are out having fun. Can't see and don't want risk taking a wrong step. Well, tape them up. Nerds in the wilderness rock!
23. **Keep Out the Rain:** Just like the GI's did, tape up your gear to keep out the rain.
24. **The Band-Aid:** Say what? Well you have scraped the skin on the tips of your fingers something bad. Keeping in mind to clean them, and that you have gauze or something soft to protect them, use pieces to protect the ends of your fingers.
25. **Strap Up:** Boot got a blowout? Wrap up the boot and hit the trail! Makes the top of the boot