

# Survival Gear Checklist from the Pros

This is a complete, field-tested gear checklist from survival experts and experienced overlanders. Some redundancy is built in, as many tools serve multiple purposes. For example, a satellite messenger may also function as a GPS.

*Tip: Customize this list based on your area travel region, health needs, and planned activities.*

## Shelter and Warmth

- ☐ Compact tarp or poncho to stay dry
- ☐ Emergency blanket or bivy (life-saving temperature regulation)
- ☐ Wool blanket or shemagh (versatile for warmth, shelter, filtering, signaling)
- ☐ Extra set of dry clothes: underwear, socks, gloves
- ☐ Hand warmers

## Sun and Wind Protection

- ☐ Hat with brim
- ☐ Sunscreen
- ☐ Balaclava/ski mask
- ☐ Sunglasses

## Food and Water

- ☐ 72-hour water supply per person (bring more if it is hot)
- ☐ Water purification tools (mechanical or gravity filter, germicidal tablets)
- ☐ 72-hour supply of calorie-dense food per person, e.g., peanut butter, freeze-dried meals, dried fruit, jerky

- ☐ Electrolyte tablets or powder
- ☐ 72-hour supply of pet food per pet, if traveling with pets

## First Aid Essentials

- ☐ Sterile gloves
- ☐ Alcohol prep pads
- ☐ Adhesive bandages (various sizes)
- ☐ Non-adhesive pads
- ☐ Wrap bandages
- ☐ Gauze roll and pads
- ☐ Pressure bandage
- ☐ Tourniquet
- ☐ Ointments: antibiotic, antifungal, anti-itch
- ☐ Pain medication: ibuprofen, acetaminophen, aspirin
- ☐ Allergy medication: diphenhydramine, loratadine
- ☐ Digestive medication: loperamide (Imodium), antacid (TUMS), bismuth subsalicylate (Pepto-Bismol)
- ☐ Extra of any prescription medications
- ☐ Lidocaine cream, patches, or spray
- ☐ Eye drops/artificial tears
- ☐ Saline wound wash
- ☐ Burn gel
- ☐ Splint
- ☐ Hemostatic dressing, e.g., QuikClot
- ☐ Disposable instant ice packs

## Navigation and Communication Tools

- ☐ GPS tool with offline function
- ☐ Compass and topographic paper map of the area
- ☐ Satellite messenger, e.g., Garmin InReach, Zoleo, SPOT
- ☐ Multicarrier internet hotspot, e.g., [TravlFi JourneyGO](#)
- ☐ Portable satellite internet, e.g., Starlink Mini
- ☐ Multiband, two-way HAM radio (works where cell and satellite comms don't)

*[Related: TravlFi vs Starlink: A Full-Time Vanlifer Compares](#)*

## Fire-Starting and Light Sources

- ☐ Waterproof matches
- ☐ Lighters
- ☐ Tinder/kindling, if natural sources are limited
- ☐ Magnesium rods with strikers
- ☐ Headlamps
- ☐ Lanterns and/or flashlights
- ☐ Extra batteries

## Backup Power Sources

- ☐ Portable battery with solar panel, e.g., REDARC, 4Patriots, Jackery
- ☐ Charging cables for your devices

## Vehicle Recovery Gear

- ☐ Extra fuel
- ☐ Mechanic gloves
- ☐ Tow straps
- ☐ Recovery shackle D-ring (soft and metal options)
- ☐ Winch line and winch shackle mount, if applicable
- ☐ Hitch receiver recovery points
- ☐ Traction boards
- ☐ Portable air compressor
- ☐ Shovel
- ☐ Jumper cables or compact jump starter
- ☐ Tire patch kit
- ☐ Spare tire, tire change kit, tire jack
- ☐ Spare fuses, bulbs, wires
- ☐ Tire chains, if traveling in snow
- ☐ Vehicle fluids: engine oil, DEF, coolant, power steering, transmission, washer
- ☐ WD-40
- ☐ Road reflectors and reflective vest

## Other

- ☐ Multitool
- ☐ Electrical tape
- ☐ Duct tape
- ☐ Clean towel or rag
- ☐ Metal cup (for boiling water and eating/drinking)

- ☐ Spork
- ☐ Compact backpacking stove with fuel canister, e.g., Snow Peak GigaPower
- ☐ Insect repellent and head net
- ☐ Car window breaker
- ☐ Seatbelt cutter or shears
- ☐ Extra pair of prescription glasses
- ☐ Extra contacts and contact fluid
- ☐ Feminine hygiene products
- ☐ Toilet paper and trowel or Wag Bags
- ☐ Dust mask