



Headlamp, whistle, emergency sheet, portable toilet kit, toilet paper, wet tissue, 2x 500ml bottle of drinking water, first aid kit (including medicine), multi-tool knife, 7m of 6mm diameter rope, cotton gloves, notepad, permanent marker, towel, radio, charger, mask, food, plastic bag, money

*For other recommended examples, see the items included in the Emergency Initial Set (sold separately).