

## I.N.C.H. Bag Essentials

|                             |                           |
|-----------------------------|---------------------------|
| Gas mask                    | Gas mask filter           |
| N95 masks                   | Emergency blankets        |
| Small tent                  | Sleeping bag              |
| Waterproof groundsheet      | Tarpaulin                 |
| Waterproof matches          | Magnifying glass          |
| Water purification tablets  | Personal water filter     |
| Protein bars                | Dried fruits and veggies  |
| Nuts                        | Oatmeal                   |
| Meal replacement powders    | Tea or coffee             |
| Sugar                       | Chocolate                 |
| Hard candy                  | Stock cubes               |
| Dried soup mix              | Mineral salts             |
| Rice                        | Powder milk               |
| Pemmican                    | Rocket stove              |
| Eating and cooking utensils | Kettle                    |
| Stainless mug and plates    | Knives                    |
| Fishing kit                 | Hunting knife             |
| Whetstone                   | Weapon                    |
| Traps or snares             | Wild edibles pocket guide |
| Plastic bags                | First aid kit             |
| Toilet paper                | Small mirror              |
| Comb                        | Toothbrush                |
| Toothpaste                  | Floss                     |
| Bar of soap                 | Nail cutters              |
| Wet wipes                   | Shampoo                   |
| Deodorant                   | Hand sanitizer            |
| Razor                       | Tissues                   |
| Compact towel               | Work gloves               |
| Hatchet                     | Trash bags                |
| Pencils                     | Multi-tool                |
| Measuring tape              | Sewing kit                |
| Duct tape                   | Pocket saw                |
| Crowbar                     | Calculator                |
| Screwdriver set             | Wire cutters              |
| Ziploc bags                 | Batteries                 |
| Flashlight x2               | Paracord                  |
| Pen or pencil               | Compass                   |
| Maps                        | GPS system                |

|                             |                                  |
|-----------------------------|----------------------------------|
| Signaling flares            | Cell phone                       |
| Power bank                  | Solar-powered cell phone charger |
| Pre-paid phone card         | Hearing aid extra battery        |
| Headlamp                    | Emergency radio                  |
| Cash                        | Back-up copies of documents      |
| Bible                       | Notebook                         |
| Pepper spray                | Reading glasses                  |
| A few Tupperware containers |                                  |

---