

Grab Bag

It is advisable to have a Grab Bag ready and with you at all times from the moment you arrive in the field until you return home.

Minimum

- Documentation and Contact List—Calling Tree
- Cash
- Medical Kit
- Water
- Food--Bars
- Clothing
- Multi Tool

Other

- Torch—Batteries
- Map-Compass-GPS
- Insect Repellent
- Wet Jacket-Poncho
- Mosquito Net
- Heat Blanket
- Sun Creams
- Phone Charger
- Notebook—Pencil
- Towel-Soap-Toothbrush
- Toilet Roll
- Water Purification Tabs or Purifier
- Personal Alarm
- All available phone numbers—Police, Hospitals, UN etc