Includes:

- Nylon backpack and carrying bag
- 1 60 Item Deluxe Knuckle Mender II First Aid w/instructions
- 1st aid kit with instruction book
- 2 food rations (3600 calories)
- 6 Emergency Water Packets
- 1 survival candy (8 oz bag)
- 24 purified water pouches
- 2 space blankets
- 2 emergency rain/wind ponchos
- 2 pair 12-hour hand/body warmers
- 1 multi-function pocket knife
- 1 AM/FM radio with batteries
- 1 flashlight with batteries
- 1 whistle
- 1 12 hour green instant lightstick
- 1 box of 48 waterproof matches
- 1 44 hour Nuwick emergency candle
- 1 deluxe 2-person tube tent/shelter
- 1 50'nylon cord
- 1 pair of leather gloves
- 4 tissue packs
- 18 wet wipes packets
- 1 sanitation bag (red)
- 1 trash bag (white)
- 2 dust masks
- 1 pen, pencil, paper
- 1 set of playing cards