Grab Bag in case of emergencies

- Torch - Batteries
- Map - Compass - GPS
- Wet Jacket - Poncho
- Sun Creams
- Mosquito Net
- Phone Charger
- Insect Repellant
- Heat Blanket
- Notebook - Pencil

- Towel - Soap - Toothbrush
- Toilet Roll
- Water Purification Tabs or Purifier
- Personal Alarm

- All Available Phone Numbers - Police, Hospitals, Embassy, UN etc

Documentation and contact list (Calling tree)
- Cash
- Water
- Clothing
- Medical Kit
- Food Bars
- Multitool