

02 · WHAT TO BUY

The Kit, Assembled

Check each item as you acquire it. Acquire in any order — start with the two that address your biggest current gap.

ITEM	PRICE RANGE
<input type="checkbox"/> 01 TRAINING — PULL / MOBILITY Resistance band set — light, medium, heavy Covers all six movement patterns with no gym required. Chapter 3.	\$15–\$30
<input type="checkbox"/> 02 TRAINING — HINGE / SQUAT / CARRY Kettlebell, single — 20 to 35 lbs Choose a weight that challenges your last two reps in a goblet squat. Chapter 3.	\$40–\$70
<input type="checkbox"/> 03 CARRY / RUCKING / READY BAG Daypack with hip belt — 20 to 30 liters Hip belt is non-negotiable. Supports rucking practice and doubles as ready bag. Ch. 4 & 5.	\$60–\$150
<input type="checkbox"/> 04 FIRST AID — STOP THE BLEED CAT or SOFTT-W tourniquet Buy from a verified supplier (North American Rescue or BFAR). Attend Stop the Bleed. Ch. 8.	\$30–\$35
<input type="checkbox"/> 05 FIRST AID — WOUND AND BURN CARE Comprehensive first aid kit — 100+ piece Adventure Medical Kits Mountain 300 or Surviveware Large. Do not buy kits under \$20. Ch. 8.	\$45–\$80
<input type="checkbox"/> 06 BODY CARE — HEARING PROTECTION Foam earplugs (50-pair) and NRR-25+ earmuffs 3M 1100 earplugs + Howard Leight or Peltor earmuffs. Store in every vehicle. Ch. 8.	\$20–\$50
<input type="checkbox"/> 07 HYDRATION — WATER READINESS Sawyer Squeeze or Sawyer Mini water filter Never allow to freeze — destroys membrane with no visible damage. Pair with purif. tablets. Ch. 7.	\$25–\$45
<input type="checkbox"/> 08 WALKING READINESS — FOOT CARE Blister prevention and foot care kit Moleskin sheets + hydrocolloid bandages + small scissors. Apply before the blister forms. Ch. 5.	\$15–\$25

Budget version: Bands + CAT tourniquet + Blister kit = \$60–\$80

Defer the kettlebell (substitute water jugs), backpack (use what you own), first aid kit, filter, and earmuffs.

06 · MAINTENANCE SCHEDULE

Keep the Kit Ready

Most kit failures happen because an item degraded unnoticed. These checks take under five minutes total.

ITEM	INTERVAL	WHAT TO CHECK
Resistance bands	Quarterly	Inspect full length for cracks, fraying, thinning at grip ends. Replace if any visible damage.
Kettlebell	Monthly	Wipe down after use. Check handle for rust. Light rust: steel wool + mineral oil.
Backpack	Seasonally	Inspect buckles, hip belt foam, and load straps. Replace if hip belt foam is compressed flat.
CAT tourniquet	Every 6 months	Check windlass for cracks, Velcro grip, and strap integrity. Replace within 5 years of manufacture.
First aid kit	Annually	Full inventory. Replace used items immediately. Check medication and ointment expiration dates.
Hearing protection	Quarterly	Foam: replace if plugs no longer expand after compression. Earmuffs: replace cushions if cracked or flat.
Water filter	After each use	Flush with clean water. Do NOT allow to freeze. Backwash monthly if used regularly.
Blister kit	Monthly	Restock used items immediately. Replace if adhesive backing feels dry or won't peel cleanly.

05 · BETTER VERSION — UPGRADE WHEN THESE SPECIFIC GAPS MATTER

Adjustable dumbbells + doorway pull-up bar Covers every Chapter 3 exercise across all four readiness levels. Replaces the single kettlebell.	\$100–\$160
Fitted pack — Osprey Daylite Plus or Stratos/Sirrus Structured hip belt transfers load correctly at 20–25 lbs over 2+ hours. Upgrade when rucking 30+ min regularly.	\$100–\$150
Stop the Bleed training kit with practice tourniquet Includes a practice CAT for skill maintenance. Do not practice on your real tourniquet — it degrades the windlass.	\$55–\$70
Howard Leight Impact Sport electronic earmuffs Amplify voices, block harmful noise. Allows communication during extended generator or chainsaw work.	\$50–\$70

03 · SKIP THESE:

- ✗ Pre-assembled 'survival fitness' bundles
- ✗ Home gym machines (treadmill, cable machine)
- ✗ Weighted vests as a first carry purchase
- ✗ First aid kits under \$20
- ✗ Tactical packs without a proper hip belt fit system

Full guide + product pages: newworldsurvival.com/self-reliance/fitness/