I would bring a knife because it would be good for hunting animals for food. It would also be good for cutting tree branches and other things to make shelter, utensils, clothes, or weapons. You could also use a knife to protect yourself against dangerous animals. I would bring a water bottle because you kind of need water to live, and water bottles are also reusable and can hold more water than a cup. A water bottle would also likely have a bit of water in it before you got stranded, so you might be good for a bit. I would bring a cell phone because you can call people and just scream HELP IM STRANDED ON SOME RANDOM ISLAND IN THE MIDDLE OF THE OCEAN to everyone you know, and hopefully people won’t think it’s a joke and will actually come get you. On most phones, people can also track your location, so people will know where you are. If you’re bored on the island then you could play games, watch YouTube, listen to music or something on your phone. The only sad thing is that you can’t really do much when your phone dies. But that’s why I would a knife, a water bottle, and a phone to a desert island.