Survival Checklist

You have to decide for yourself how much you need to store to meet your expected emergencies. That’s different for everyone. There are three check boxes in the front of many of these items. That allows you to check whether you have enough to last you a month, three months or a year.

**Keeping Warm**

Our biggest survival need is to maintain our body heat. The human body can only survive 30 minutes without maintaining your body heat.

- Alternate heater for your home
- Fuel for the heater
- Plenty of blankets
- Warm coats, hats & gloves
- Fire starter
- Alternative fire starter
- Fire accelerants

**Food**

If a disaster lasts very long, you’re going to need food to eat. That’s survival priority three. The average person can survive 30 days without food, but after that, they need to replenish their body’s energy supply.

- Whole grains
- Pasta
- Rice
- Dried beans
- Canned meats
- Dried meats
- Cheese
- Canned fruit
- Canned vegetables
- Spaghetti sauce
- Powdered milk
- Soups
- Bullion (soup stock)
- Sugar
- Honey
- Salt
- Spices
- Baking soda, powder & yeast
- Peanut butter
- Dried fruit
- Nuts
- Cooking oil
- Vegetable shortening
- Coffee
- Tea
- Hard candies

**Communications:**

- Disposable cell phone with time cards
- List of important phone numbers
- Ham radio & license
- Hand-crank radio (for news)

**Miscellaneous Home Needs**

Besides the basics, there are a lot of other things you’ll need, just to help you meet those basic needs.

- Grain mill
- Hand powered kitchen appliances
- Means of cleaning, hand powered
- Cleaning supplies (to combat disease by keeping your home clean)
- Insecticides
- Mouse traps
- Assorted sizes of plastic bags (useful for many things)

**Home Defense**

You may have to defend yourself and your family. Should that happen, you’ll need to have appropriate weapons and the skill to use them. You should also train your family in the use of these weapons, so that they can defend themselves, as well as participate in the defense of the home.

- Long gun for each shooter
- Handgun for each shooter
- Sufficient ammo for all guns
- Alternate weapons
- Hardening your front door *
- Hardening your back door *
- Hardening windows *
- Establish perimeter defenses

**Grid Down Needs**

Most emergencies will cause power outages. These items are specifically to deal with that eventuality.

- Candles
- Oil lamps
- Oil for the lamps
- Flashlights
- Batteries (lots of batteries, check odd sizes your electronics use)
- Alternative means of cooking
- Fuel for cooking
- Gasoline (for car and power tools)
- Means of producing electricity (solar or wind power)
- Solar charger (for handheld electronics)
- Faraday cage (for EMP)
- Spare electronics in Faraday cage

**Surviving Longer Term by Homesteading**

If the recovery time for a disaster outlives your stockpile, you’re going to be as bad off as everyone else. That is, unless you manage to develop the means of being self-sufficient, especially in the key areas of food and water.

- Heirloom seeds
- Gardening equipment
- Means of growing animal protein
- Canning jars
- Canning lids (lots)
- Smoker or smokehouse

*Hardening refers to the act of making them harder to break through. This implies more than locks, as most locks and deadbolts can be broken fairly easily.
Medical Needs
Medical services are usually overrun during a time of crisis. Therefore, it’s a good idea to be ready to take care of emergency medical needs, especially injuries, within the home.

To prevent the spread of infection:
- Anti-bacterial hand cleaner
- Sterile rubber gloves
- Medical face mask
- CPR mask

For treating wounds:
- Irrigation syringe
- Alcohol towelettes
- Antibacterial ointment
- Butterfly closures or Steri-strips
- Clotting agent
- Cloth adhesive bandages
- Large bandages
- Gauze “sponges” (4”x4”)
- Medical tape
- Tourniquet
- Israeli bandage
- Tagaderm (for skin irritations)

For broken bones:
- Sam splint
- Elastic bandages
- Combat cravat (bandana)

Medical tools:
- Medical scissors
- Fine-pointed tweezers
- Jeweler's loupe (for seeing splinters)
- Hemostats
- Blood pressure monitor
- Blood sugar monitor
- Thermometer

Medicines:
- Instant cold packs (to reduce swelling)
- Dental repair paste
- Benzoin (cleans the skin for bandage adhesion)
- Lidocaine (local anesthetic to numb wound)
- Antihistamine (runny noses)
- Decongestant (stuffy noses)
- Eye drops
- Pain relievers
- Loperamide or Imodium (anti-diarrhea)
- Meclizine (nausea and vomiting)
- Ranitide (heartburn)
- Hydrocortisone cream (itching and rashes)
- Antibiotics
- Personal prescriptions

Personal Hygiene
Personal cleanliness is important to avoid disease and the spread of disease.

- Toilet paper
- Alternative for your toilet (bucket toilet, outhouse)
- Lye (for the alternative toilet)
- Soap
- Shampoo
- Deodorant
- Feminine hygiene
- Anti-bacterial hand cleaner

Home Repair
Many disasters can cause damage to your home. It’s a good idea to be ready to accomplish emergency repairs, should that occur.

- Plywood
- 2”x4” studs
- Tarps
- Clear plastic sheeting
- Lath (for attaching tarps & plastic sheeting)
- Caulking
- Duct tape
- Wire ties (assorted sizes)
- Plumbing fittings
- Extension cords
- Wire nuts
- Electrical tape
- Assorted hardware (screws and nails)

Tools
The list of tools that you might need is endless. But you have to realize that you might not have power for your power tools. So make sure that you have hand tools you can use.

- Pry bar
- Axe
- Shovel
- Bow saw
- Hammer
- Hand saw
- Staple gun
- Leather work gloves
- Ladder
- Tubing cutter

Bug-Out Bag
Even if your plan is to shelter in place in the event of a disaster, you should have a bug out bag. Things may happen which require that you leave your home in order to survive. In that case, the bug out bag is critical.

To Keep Me Warm:
- Tarp (form making tent)
- Heavy-duty space blanket
- Rain poncho
- One change of warm clothing
- 200’ paracord
- Duct tape
- Emergency sleeping bag (space blankets)

Fire:
- Stormproof matches
- Stormproof butane lighter
- Metal match
- Fire accelerants

Water:
- 2 liters of water
- Bag-type water filter (Sawyer is great)
- Lifestraw (straw water filter)
- Clear plastic sheeting (for making solar still)
- Flexible plastic tubing (for solar still)

Food:
- Enough food to last 3 days
- Backpacking cookware
- Camp stove (one that burns sticks)
- Plastic bowl and cup
- Utensils
- Fishing kit (line, hooks, bobbers, weights)
- Guitar strings (for making snare)

Health:
- First-aid kit
- Toilet paper
- Personal hygiene kit
- Insect repellent
- Waterless antibacterial hand sanitizer
- Spare prescription glasses (if needed)
- Prescription medicines (if needed)

Self-defense:
- Long gun (rifle or shotgun, with ammo)
- Pistol (with extra ammo)

Tools:
- Sheath knife
- Camp hatchet (with hammer)
- Folding pruning saw
- Collapsible camp shovel
- Flashlight (with extra batteries)
- Multi-tool

Communications:
- Disposable cell phone with time cards
- Signaling mirror
- Whistle
- Hand-crank radio (for news)

Miscellaneous:
- Sewing kit
- Compass
- Monocular
- Assorted plastic bags
- Small bungee cords
- Tablet computer with survival books loaded
- Solar charger (for tablet and phone)
- Flash drive with important documents