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[BACK TO INDEX](#)**Bug Out Bag (BOB)**

A Bug-out bag is a great "get home" or "get away" bag. There are a bunch of scenarios where items you keep in it are helpful - even when you're not trying to go anywhere. Always keep your bag in your car so you don't have to look for it and so it's not likely to be far from you if you need it. The following kit has been decided upon after years of reworking.

Item	Comment	Link
Water:		
Purification tablets		Amazon.com
Water Bottle		Amazon.com
Collapsible Bucket	To scoop, carry water, washing, etc.	Amazon.com
Food:		
Backpack meals or Energy Bars	Mountain House, Balance Bars, etc. Stay away from canned foods - they're too heavy.	
Clothing:		
Sturdy shoes or boots	Hiking shoes recommended	
Pair of long pants	Preferably blue jeans (cotton)	
(2) Pair Socks	Preferably cotton	
(2) Shirts	(1) - long sleeved (eg: light sweatshirt) (1) - short sleeve	
Jacket	Dependent on weather	
Poncho	Milsurp or civilian is fine	Amazon.com
Warm long underwear	Dependent on weather	
Hat	Dependent on weather	
Bandana		
Gloves	Work gloves protect hands and help keep you warm	
Shelter:		
Tent or Tarp	You want some means to keep rain and wind out	
Sleeping Pad	Dependent on circumstances	
Sleeping Bag	Dependent on circumstances	
Paracord	Useful for lashing tarps	Amazon.com
First Aid:		
Kit	Bandages, disinfectant, Benadryl, etc.	
Personal Medications	Prescription drug supply to last a few days	
Personal Items:		
Documents	In waterproof package	Dry sack source: Amazon.com
Fire	Wind-proof lighter, firesteel, waterproof matches, small hatchet or saw	
Cooking	Jetboil	Amazon.com
Flashlight	Long-battery life LED better than Xenon	Amazon.com
Survival Knife		thesteelsource.com
AM/FM/SW radio	You'll need a source of information	Amazon.com
Communications	CB radio is good	Amazon.com
Batteries	Try to get flashlight, radio, GPS that take the same batteries	
Money	Have \$100-\$200 in cash	
Bug spray	100% Deet or high percentage	
Toilet paper	Need I say more? Backpacker rolls available at Dick's, Gander Mountain	

Weapons:	Very specific conditions would warrant a permit (BOB) unless you have a CCW, it may be a bad idea.	
Tools:	Always have a good multitool or two	
Navigaton:		
Compass		
Maps or Atlas	Detailed Local, Regional Topo, Extended area	
Maps, Online	http://www.google.com/earth/index.html	USGS offers maps with overlays to customize.
Topographic Maps Online		Topoquest.com
GPS	A hiker's GPS will tell you where you are and where to go	Amazon.com
Miscellaneous Items:		
Duct tape or 100MPH tape	Useful for mending clothing, among other things	
Toothbrush & toothpaste, deodorant	Hygiene is a huge morale-booster.	
Coffee Can Car Kit:		
For a smaller emergency Kit for your car, use a Folgers coffee can and put in it the following:		
Pack of tissues		
Hand warmers		
First aid items		
Candy & energy bars		
Benadryl/Ibuprophen		
Emergency blanket		
Gloves		
Waterproof matches		
Capri Sun-type Drinks		
Emergency poncho		
Length of duct tape		
Pocket multitool.		

[BACK TO INDEX](#)**Barter and Charity**

There could be a time when Barter is the only way to get what you need, And it is always a good idea to have extra around in case of shortages to help the unprepared. For your "Barter" list, acquire primarily items that are durable, non-perishable, and either in small packages or that are easily divisible. Concentrate on the items that other people are likely to overlook or have in short supply.

Item	Comment	Link	IP Address
Ammunition in different calibers		http://www.beikirchs.com/	
Can Opener, Manual	Hand-turn and "church key" type		
Candle wax and wicking, supplies			
Coffee			
Diapers, Disposable & cloth	New & used diapers at Luvaboos	http://www.luvaboos.com/Default.asp	
Diesel antibacterial additive.			
Dimes, Pre-1965 silver			
Duct Tape, Rolls			
Dufflebags, Whitewater Rafting "dry bags"	Waterproof is best		
Feminine Hygiene Products	Napkins, tampons, Monistat, Midol		
Fishing Line, Spools of monofilament			
Fishing Gear	Hooks, Sinkers, Rods, Reels		
Gas stabilizer	For auto, generators, chainsawa	Auto Parts and Dollar Stores	
Gold key for dealing with gold	"The Fisch" Tool	http://www.fisch.co.za/operation.htm	213.133.104.99
Gold testing kit for dealing with gold	Precious Metals Testing Kits and Supplies	www.coins4me.com	209.240.138.242
Kerosene, 1-gallon cans			
Lime, 50-pound sacks (for outhouses)			
Matches	Strike Anywhere Wooden		
Military web gear	Pistol belts, holsters, mag pouches	http://www.blackhawk.com/	192.112.60.69
Paracord, Rolls	In olive drab, camo colors	Amazon.com Store	
Plastic Sheeting, Rolls of 10 mil "Visqueen"	Replace windows, isolation barrier		
Personal Talents and skills	Could be very valuable in a crisis		
Playing cards			
Rifle Bore Cleaner & Break Free lubricant	1 oz. bottles		
Rope & string	Butchers Twine, Nylon & Fiber Rope		
Salt, Table Salt / Cattle Blocks	1 pound canisters of Iodized Table		
Sewing supplies			
Skills and Talents	Cut hair? Carpentry, plumbing, strength?		
Socks, Thermal			
Spices, Cooking			
2 cycle engine oil	For chain saw gas mixing		

Books

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Look at garage sales, second-hand stores, library sales for these and other books.			
Title	Author	Link	IP Address
Must Haves:			
Ball Blue Book of Preserving		Amazon.com	
The Bible	God		
Boston's Gun Bible	Boston T. Party	Amazon.com	
Cookin' with Home Storage	Vicki Tate	Amazon.com	
First Aid -- (American Red Cross Handbook) Responding To Emergencies	American Red Cross	Amazon.com	
Making the Best of Basics - Family Preparedness Handbook	James Talmage Stevens	Amazon.com	
Nuclear War Survival Skills	Cresson H. Kearney	http://www.nukepills.com/docs/nuclear_war_survival_skills.pdf	72.18.128.191
Patriots: Surviving the Coming Collapse	James Wesley Rawles		
Survival Guns	Mel Tappan	Amazon.com	
Tappan on Survival	Mel Tappan	Amazon.com	
The Alpha Strategy (Free PDF)	John Pugsley	http://www.biorationalinstitute.com/zcontent/alpha_strategy.pdf	74.50.3.225
The Encyclopedia of Country Living (Tenth Edition)	Carla Emery	Amazon.com	
Where There Is No Dentist	Murray Dickson	http://site.ebrary.com/lib/hesperian/docDetail.action?docID=10408695	216.200.62.206
Where There Is No Doctor: A Village Health Care Handbook	David Werner	http://site.ebrary.com/lib/hesperian/docDetail.action?docID=10411911	74.50.3.225
Free Downloads for Preppers	Dozens of free downloads	http://www.preppers.info/Free_Downloads.html	97.74.144.132
Good to Have:			
All New Square Foot Gardening	Mel Bartholomew		
Back to Basics: A Complete Guide to Traditional Skills, Third Edition	Abigail R. Gehring		
Emergency Food Storage & Survival Handbook	Peggy Layton		
Emergency War Surgery (NATO Handbook:- Third United States Revision, 2004)	Dr. Martin Fackler, et al.		
Essential Bushcraft by Ray Mears			
Gardening When It Counts: Growing Food in Hard Times	Steve Solomon		
How to Find Your Ideal Country Home: A Comprehensive Guide	Gene GeRue		
LDS Preparedness Manual	Church of Latter Day	http://dl.dropbox.com/u/20859980/LDS%20Preparedness%20Manual.pdf	
Outdoor Survival Skills	Larry Dean Olsen		
Passport to World Band Radio, 2009 Edition			
PDR for Nonprescription Drugs, Dietary Supplements, and Herbs, 2008			
Physicians' Desk Reference 2009 (PDR, 63rd Edition)			
Physicians Drug Handbook			
Possum Living: How to Live Well Without a Job and with (Almost) No Money	Dolly Freed		
Putting Food By (Plume)	Janet Greene		
Root Cellaring: Natural Cold Storage of Fruits & Vegetables	Mike Bubel		
SAS Survival Handbook	John "Lofty" Wiseman		
Seed to Seed: Seed Saving and Growing Techniques for Vegetable Gardeners	Suzanne Ashworth		
Small-Scale Grain Raising	Gene Lodgson		
Starting a New Life in Rural America: 21 Things You Need to Know Before You Make Your Move	Ragnar Benson		
Stocking Up: The Third Edition of America's Classic Preserving Guide	Carol Hopping		
The ARRL Operating Manual For Radio Amateurs	ARRL		
The Fifty Dollar and Up Underground House Book	Mike Oehler		
The Merck Veterinary Manual			

Books

The Survivor book series. Available on DVD. (Author a eugenist, unfortunately.)	Kurt Saxon		
Total Resistance	H. von Dach		
Ultimate Sniper 2006 : An Advanced Training Manual for Military and Police Snipers	Maj. John L. Plaster		
Where There Is No Vet	Bill Forse		
Downloadable Medical Books (From "First Aid" List)			
Book for Midwives	Virtual Naval Hospital of	http://site.ebrary.com/lib/hesperian/docDetail.action?docID=10408692	216.200.62.206
Military/Naval/Humanitarian/Disaster Medical Textbooks		http://site.ebrary.com/lib/hesperian/docDetail.action?docID=10408695	209.44.108.236
Where There Is No Dentist		http://site.ebrary.com/lib/hesperian/docDetail.action?docID=10408695	216.200.62.206
Where There Is No Doctor: A Village Healthcare Handbook		http://site.ebrary.com/lib/hesperian/docDetail.action?docID=10411911	216.200.62.206
Where Women Have No Doctor		http://site.ebrary.com/lib/hesperian/docDetail.action?docID=10408699	216.200.62.206
FreeBooks4Doctors.com	Links to full medical books	http://www.freebooks4doctors.com/	82.165.110.227
The Womanly Art of Breastfeeding			
Other Nonfiction Books Recommended by SurvivalBlog Readers:			
98.6 Degrees: The Art of Keeping Your Ass Alive	Cody Lundin		
Adventure Medical Kits: A Comprehensive Guide to Wilderness & Travel Medicine	Eric A. Weiss, M.D		
Back to Basics: A Complete Guide to Traditional Skills, Third Edition	Abigail R. Gehring		
Camping & Wilderness Survival: The Ultimate Outdoors Book	Paul Tawrell		
Crisis Preparedness Handbook: A Comprehensive Guide to Home Storage and Physical Survival	Jack A. Spigarelli		
Ditch Medicine: Advanced Field Procedures For Emergencies	Hugh Coffee		
Emergency: This Book Will Save Your Life	Neil Strauss		
Engineer Field Data (US Army FM 5-34) (Free Online)	US Army	http://www.enlisted.info/field-manuals/fm-5-34-engineer-field-data.shtml	64.49.219.239
Five Acres and Independence	M.G. Kains		
Five Acres and Independence: A Handbook for Small Farm Management	Maurice G. Kains		
Four-Season Harvest: Organic Vegetables from Your Home Garden All Year Long	Elliot Coleman		
Great Livin' in Grubby Times	Don Paul		
How to Stay Alive in the Woods	Bradford Angier		
Iron Melting Cupola Furnaces for the Small Foundry (Paperback)		Amazon.com	
Just in Case	Kathy Harrison		
Last of the Mountain Men	Harold Peterson		
LDS Preparedness Manual, edited	Christopher M. Parrett		
Living Well on Practically Nothing	Ed Romney		
Metal Casting: A Sand Casting Manual for the Small Foundry, Vol. 1 (Paperback)		Amazon.com	
Preparedness Now!: An Emergency Survival Guide (Expanded and Revised Edition)	Aton Edwards		
Primitive Wilderness Living & Survival Skills: Naked into the Wilderness	John McPherson		
Principles of Personal Defense - Revised Edition	Jeff Cooper		
Rodale's Ultimate Encyc. of Organic Gardening: The Indispensable Green Resource for Every	Rodale		
Sheet Metal Forming Processes and Die Design		Amazon.com	
Special Operations Forces Medical Handbook			
Storey's Basic Country Skills: A Practical Guide to Self-Reliance	John & Martha Storey		
Survival Poaching	Ragnar Benson		
The Blacksmith's Craft: A Primer of Tools & Method		Amazon.com	
The Complete Modern Blacksmith (Paperback)		Amazon.com	
The Foxfire Book series (in 11 volumes, but the first five are the best)			
The Last Hundred Yards: The NCO's Contribution to Warfare	John Poole		

Books

The Making of Tools (Paperback)		Amazon.com	
The Modern Survival Retreat	Ragnar Benson		
The New Organic Grower	Eliot Coleman		
The Secure Home	Joel Skousen		
The Weed Cookbook: Naturally Nutritious - Yours Free for the Taking!	Adrienne Crowhurst		
The Winter Harvest Handbook: Yr Round Veg Prod Using Deep Organic Techns and Unheated	Eliot Coleman		
Tom Brown's Field Guide to Nature Observation and Tracking	Tom Brown		
Tom Brown's Field Guide to Wilderness Survival	Tom Brown		
Tom Brown's Guide to Wild Edible and Medicinal Plants (Field Guide)	Tom Brown		
When All Hell Breaks Loose: Stuff You Need To Survive When Disaster Strikes			
When Technology Fails: A Manual for Self-Reliance, Sustainability, and Surviving the Long	Matthew Stein		
Wilderness Medicine, 5th Edition	Paul S. Auerbach		
"Be Ready to Barter" Reference Book List:			
2009 Standard Catalog of World Coins 1901-2000			
2010 Standard Catalog of World Coins 2001-Date			
Antique Trader - Antiques & Collectibles Price Guide			
Blue Book of Gun Values			
Flayderman's Guide to Antique American Firearms and Their Values	Flayderman		
Jewelry & Gems the Buying Guide: How to Buy Diamonds, Pearls, Colored Gemstones, Gold &			
The Official Red Book: A Guide Book of United States Coins 2009			
Wristwatch Annual 2009: The Catalog of Producers, Prices, Models, and Specifications			
Jim Rawles Books:			
"How to Survive the End of the World As We Know It".	Jim Rawles		
"Patriots: A Novel of Survival in the Coming Collapse" and JWR screenplay "Pulling Through".	Jim Rawles		
"Rawles on Retreats and Relocation" - selecting the locale for a self-sufficient survival retreat.	Jim Rawles		
The "Rawles Gets You Ready" preparedness course	Jim Rawles		
Recommended Books on Current Events and Economics:			
Crash Proof 2.0: How to Profit From the Economic Collapse	Peter Schiff		
Financial Armageddon: Protecting Your Future from Four Impending Catastrophes	Michael J. Panzner		
Financial Reckoning Day Fallout: Surviving Today's Global Depression	Addison Wiggin and Bill		
Government By Emergency	Dr. Gary North		
The Black Swan: The Impact of the Highly Improbable	Nick Taleb		
The Ultimate Depression Survival Guide	Martin Weiss		
When Giants Fall: An Economic Roadmap for the End of the American Era	Michael J. Panzner		
School Books-the old ones by the Masters			
Fiction with Survival and Preparedness Themes (Some of these are out of print, try the library):			
Alas, Babylon by Pat Frank (A classic nuke scenario)			
Atlas Shrugged	Ayn Rand		
Earth Abides	George Stewart		
Enemies Foreign and Domestic	Matthew Bracken		
Fire and Ice	Ray Kytle		
Lucifer's Hammer	Larry Niven and Jerry		

Books

Molon Labe!	Boston T. Party	
No Blade of Grass (Massive crop disease/social breakdown scenario, from the British)	John Christopher	
Some Will Not Die by Algis Budrys (Plague total wipe-out scenario)		
The Andromeda Strain	Michael Crichton	
The Rackham Files (includes a 'mini nuke survival manual')	Dean Ing	
The Weapon (SurvivalBlog's Editor at Large)	Michael Z. Williamson	
Unintended Consequences (Some vulgarity and gratuitous sex scenes.)	John Ross	
Vandenberg (Invasion scenario. Note: It was later republished under the title: Defiance: An	Oliver Lange	
Wolf And Iron	Gordon Dickson	
Survivalist Fiction Recommended by SurvivalBlog Readers:		
Conquistador: A Novel of Alternate History	S.M. Stirling	
Farnham's Freehold	Robert Heinlein	
Footfall	Larry Niven & Jerry	
King Rat	James Clavell	
Last of the Breed	Louis L'amour	
Malevil	Robert Merle	
One Second After (An EMP scenario.)	William R. Forstchen	
Survivors	Terry Nation	
The Moon Is a Harsh Mistress	Robert Heinlein	
The Road	Cormac McCarthy	
Tunnel in the Sky	Robert Heinlein	
Warday: And the Journey Onward	Whitley Strieber and	
World Made by Hand	James Howard Kunstler	
Other Books :		
How to Survive Without a Salary: Learning How to Live the Conserver Lifestyle Small-Scale Grain	Charles Long	
Ducks and Geese in Your Backyard: A Beginner's Guide	Rick and Gail Luttmann	
Raising a Calf for Beef	Phyllis Hobson	
Raising Rabbits the Modern Way	Bob Bennett	
Raising Sheep the Modern Way. Updated and Revised Edition	Paula Simmons	
Small-Scale Pig Raising	Dirk van Loon	
The Complete Medicinal Herbal	Penelope Ody	
The Family Cow	Dirk van Loon	
Recommended Magazine Subscriptions:		
Backwoods Home		BackwoodsHome.com
Countryside & Small Stock Journal		
Home Power		
JWR's Favorite Practical and Tactical Training DVDs:		
Clinton Anderson: On the Road to the Horse Colt Starting		
Knifemaking Unplugged		
The Art of the Tactical Carbine		
Online Magazines:	Pioneerliving.net	PioneerLiving.net

Catching Food

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Item	Comments	Link
Compound Bow	Hunting. Arrows also	
Crossbow	Hunting. Bolts also.	
Earthworms	How to Cultivate Your Own	http://growyourownearthworms.blogspot.com/
Firearms		
Fish Traps		
Fishing Equipment	Quality! Rod, reel	
Fishing Line	in various strengths	
Fly Fishing	Good To Learn	
Hooks	Sizes 8,10 & 12	
Net		
Piano Wire	Snares	
Sinkers, Spinners, Lures, Spoons	Variety	
Steel Traps	Hunting/Trapping	Gander Mountain
Trot Lines	for non-labor intensive fishing	
NYS DEC Fishing License Info	FAQ site.	http://www.dec.ny.gov/outdoor/44804.html
NYS "Free Fishing Days"	Free fishing days calendar 2011	http://www.dec.ny.gov/outdoor/27123.html
Hunting Fishing License Locations	NY DEC License & Permit Info	http://www.dec.ny.gov/permits/365.html
"Buckshot" Bruce Hemming:an excellent series of videos on trapping and making improvised traps. (He also sells traps and scents at very reasonable prices.)		http://www.snare-trap-survive.com/

Communication

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When selecting radios buy only models that will run on 12 volt DC power or rechargeable nickel metal hydride battery packs (that can be recharged from your retreat's 12 VDC power system without having to use an inverter.)

As a secondary purchasing goal, buy spare radios of each type if you can afford them. Keep your spares in sealed metal boxes to protect them from EMP.

If you live in the boonies, piece together nine of the USGS 15-minute maps, with your retreat property on the center map. Mount that map on an oversize map board. Draw in the property lines and owner names of all of your surrounding neighbor's parcels (in pencil) in at least a five mile radius. (Get boundary line and current owner name info from your County Recorder's office.) Study and memorize both the terrain and the neighbors' names. Make a phone number/e-mail list that corresponds to all of the names marked on the map, plus city and county office contact numbers for quick reference and tack it up right next to the map board. Cover the whole map sheet with a sheet of heavy-duty acetate, so you can mark it up just like a military commander's map board. (This may sound a bit "over the top", but remember, you are planning for the worst case. It will also help you get to know your neighbors: When you are introduced by name to one of them when in town, you will be able to say, "Oh, don't you live about two miles up the road between the Jones place and the Smith's ranch?" They will be impressed, and you will seem like an instant "old timer."

Item	Comment	Link
Amateur Radio Licensing	HAM Radio Licensing	http://www.arrl.org/
Batteries, Marine and Auto		
Ham Radio	Need license, except in emergencies	
NOAA radio	Gets Marine Channels	
12 VDC marine band radios	Buy two or more.	
Rochester Ham Radio	Rochester Amateur Radio Assn	http://rochesterhamfest.org/
Scanner	To hear emergency calls in your area.	Radio Shack
Shortwave Transceiver		
Walkie-Talkies	Get the longest range you can find	Walmart
Short range, Insecure Radios	Communicate with neighbors, family on treks, others close by	
MURS		http://murs-radio.com/
FRS/GMRS	Little radios you see in bubble packages at Best Buy and Target	
CB (Citizens Band)	Midland 75-822 works as a hand-held unit and a car unit with a separate external antenna and car power. Lots of options for vehicle-mounted CB's. Get long antenna.	Amazon.com Midland-75-822-Channel-Way-Radio
Long Range Radios		
SSB CB	Full 12+ watts peaked and tuned	Example Photo
HAM	Typically requires a license to operate, but may be used by anyone during an emergency.	http://shop.murs-radio.com/Puxing-PX-777-PLUS-VHF-
Wiggys FTRSS for every member	For every member of the group	http://www.wiggys.com/

Documents Needed

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Carry copies &/or put on thumb/flash drive. Some documents may be shrunk so several fit on one page. Update every 6 months as needed		
Item	Comment	Link
LOKSAK	Resealable pouches. Waterproof to 200 ft.	Amazon
Acct Info & Contact #'s for Utility/Telephone	To prove you live there, to get power/phone back on.	
Bank Account Info	Acct. numbers, contact numbers, Safe Deposit Box info.	
Birth Certificates / Adoption Info	For each member of the family.	
Deed to Property and Mortgage Acct. Info	Mortgage Co contact info, acct. #'s	
Extra set of house/car/safe keys		
Flashdrive, Waterproof, Heavy Duty	Centon Datastick Sport 8GB	Amazon.com
Hand Gun Permits		
Insurance Policies	Policy #, Ins. Company contact info, Insurance Agent's	
Marriage and Divorce records	Certificates, Record #	
Paper prescriptions for all medications	To prove you're prescribed the meds. MD may write a 'Do Not Fill' copy.	
Passport	Best form of overall ID	http://www.travel.state.gov/passport/passport_1738.html
Phone List / Contact List	Personal & Business Contacts.	
Photo of everyone in your party	For ID & can be used to reunite a wayward member of your party/family/team.Include animals.	
PINs / Passwords	Encrypt or create a code for recording these.	
Social Security Cards		
Title & Registrations for Vehicles		
Vaccination records	For yourself, children and pets	
Copy front and back of:		
Auto Insurance Card		
Contents of your wallet		
Credit Cards		
Driver's License		
Passport		
Important Family Photos		
<hr/>		
"Medical Wallet Card"	Use this template for vital info requested by E.D., EMTs for each family member.	
John Q. Public	<u>Mental Health Providers</u>	
123 Anywhere St.	Evelyn Brandon Health Center	
Rochester, NY 14621	81 Lake Avenue	
(585) 555-0000 Home	Rochester, NY 14608	
(585) 555-0000 Cell	Office: (585) 555-0000	
	Psychiatrist: Dr. Curly	
DOB: 01-11-1492	Therapist: Tinker Bell, MSW, ACSW (Ext 8997)	
Insurance: BCBS #	<u>Dental</u>	
	Dr. Tooth Hurty	
Emergency Contact:	Unity Dental Group	

Documents Needed

Betsy Ross, Sister	2440 Ridgeway Ave., Suite 230	
Bill O. Rights, Alternate	Rochester, NY 14626	
(585) 555-0000 Home	Office: (585) 555-0000	
(585) 555-0000 Cell	Fax: (585) 555-0000	
	Dentures: Full upper	
<u>Diagnosis:</u>		
Hysterical Pregnancy	<u>Gynecologist</u>	
Mad Cow Disease	Dr. P. Green	
XXXX	Unity OB/GYN at Canal Park	
XXXX	120 Erie Canal Park	
	Bldg. 120, Suite 300	
<u>Medications:</u>	Rochester, NY 14626	
Quaaludes 60 mg. BID	Office: (585) 555-0000	
Trazadone 100-200mg. bedtime	Fax: (585) 555-0000	
Combivent inhaler B-1, 2 puffs 4x's day		
XXXX	<u>Pain Management</u>	
XXXX	Dr. I. M. Hurting	
XXXX	Rehabilitation & Neurology Physician Serv.	
	89 Genesee St., 2 nd Floor	
<u>Allergies/Adverse Reactions:</u>	Rochester, NY 14611	
Various pollens, animal dander	Office: (585) 555-0000	
Codeine (itching)	Fax: (585) 555-0000	
Topamax (hallucinations)		
	<u>Colorectal Surgeon</u>	
<u>Surgeries:</u>	Dr. N. Side	
Open-Foot Surgery, 1960	2400 S. Clinton Ave., Bldg. E	
Spine Transplant, 1996	Rochester, NY 14618	
XXXX	Office: (585) 555-0000	
XXXX	Fax: (585) 555-0000	
<u>Primary Care Physician</u>		
Dr. Santa Claus		
Unity Family Medicine @ St. Bernards		
2260 Lake Avenue, Suite 1000		
Rochester, NY 14612		
Office: (585) 555-0000		
Fax: (585) 555-0000		

Fire

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Item	Comment	Link
Battery and Steel Wool	To start fires	http://www.survivaltopics.com/survival/how-to-make-a-fire-with-batteries-and-steel-wool
Campfire	How to Build	http://www.survivaltopics.com/survival/how-to-build-a-fire-the-definitive-guide/
Carbon Monoxide Facts	Brochure	dhses.ny.gov
Charcoal	Backup to other fuels. Good for barter.	
Charcoal Lighter Fluid	Good barter item.	
Chimney Fire Starter	Very helpful for starting a charcoal fire without lighter fluid.	http://www.your-camping-guidebook.com/charcoal-chimney-homemade.html
Fire extinguisher	How to Choose and Use One	dhses.ny.gov
Fire Starters	Homemade Egg Carton Fire Starters	http://www.instructables.com/id/Waterproof-Dryer-Lint-Fire-Starter/
Flint/Magnesium Striker	For BOB	http://www.survivaltopics.com/survival/magnesium-firestarter/
Lighters	Bic-type. Good barter item	
Lighters, butane and butane fuel	Good barter items	
Magnifying Glass	to start fires	
Wooden Matches	Strike Anywhere, small & large	http://www.survivaltopics.com/survival/how-to-make-waterproof-matches/
Woodpile	Stock up, even if you don't have a fireplace.	

Firearms

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Each rifle and pistol should have at least six top quality (original military contract or original manufacturer) full capacity spare magazines.			
Need	Type	Comment	Link
Ammunition	10,000 rounds per battle rifle, 5,000 rounds per hunting rifle	Very cheap at Gander Mountain	http://search.gandermountain.com/?cname=Ammunition&Ne=1000&N=1786
Black Powder Pistols	.50 cal Flintlock		http://www.beikirchs.com/
Black Powder Rifle	.50 Cal Flintlock		http://www.beikirchs.com/
Black Powder Squirrel Gun	.32 Cal Flintlock		http://www.beikirchs.com/
Bolt Gun (.223cal)	Remington Model 700	Training and varmint. Ammo: 5.56	http://www.beikirchs.com/
Bolt Gun (308cal)	Winchester Model 70 or Remington 700	Compliment M-14. Ammo: 7.62x51 (308cal)	http://www.beikirchs.com/
Carrying cases			http://www.beikirchs.com/
Cleaning equipment	Basic kit for your firearm. Extra for barter.		http://www.beikirchs.com/
Collection of Firearms breakouts and Manuals			http://stevespages.com/page7a.htm
Eye and ear protection			
Firearms Training	Rochester Personal Defense		http://safeinrochester.com/
Firearms Training	Firearms Safety Academy, Webster,		http://www.firearmssafetyacademy.com/
Gun Oil			
Gunsmithing tools			
H&R 20 Ga Pardner	Shotgun	Good, basic shotgun on the cheap	Gander Mountain Model
Magazines			http://www.beikirchs.com/
Remington 870	Shotgun, 12 or 20 Ga.	Good, basic shotgun	Gander Mountain Selections
Rochester Rifle Club	Henrietta, NY	25 hr access to a shooting range	http://rochesterrifleclub.org/rrc/index.php
Spare parts			
Targets and frames	Walmart		http://www.walmart.com/

First Aid

BACK TO INDEX			
Medical Websites			
Downloadable Medical Books			
B.O.B. Medical Kit Supplies:			
Medicinal Plant Use: (Also in "Gardening" List)			
Item	Comment	Link	IP Address
Alcohol Pads	For B.O.B. and home		
Aloe Plant	Break off end of leaf, squeeze gels onto skin for burns, wounds.		
Anti-Bacterial Hand Sanitizer	Large refill and several small ones. Good barter item.		
Anti-Diarrheal	Imodium / loperamide hydrochloride)		
Apple Cider vinegar	Astringent, for use on contact dermatitis.		
Baking Soda	Antacid, toothpaste. Cleans & deodorizes.		
Bandages, ACE / Self Adhering Bandages			
Bandaid Assortment	Various sizes, consider latex free. Good for barter.		
Benedryl/Diphenhydramine (antihistamine)	Allergies, contact dermatitis, itch relief, hives, sleep aid, nausea.		
Butterfly Sutures	For closing smaller deep wounds, facial wounds.	Amazon.com Selection of Butterfly Sutures	
Bug Spray			
Decongestion, Sinus and Nasal	Sudafed/pseudoephedrin/phenylephrine		
Dental Instruments	Used instruments may be available from dentists, hygienists.	Amazon.com examples of variety	
Denture repair kits	Good for barter, too.	Example - other brands available	
Emergency Surgical & Suture Kit	If you don't have the skill, someone who does will need these.	Example of Emergency Surgical & Suture Kit	
Gauze Pads	Assorted sizes		
Ginger	To treat nausea, cough, many others.	Research Starter Wikipedia on Ginger	
Gloves, Latex & Latex-free	Many people are allergic to latex, when possible, store both kinds.	Examples of gloves available online	
Hydrogen Peroxide	For cleaning wounds and other uses.	Snopes on uses for hydrogen peroxide	
Insect repellent			
Iodine	Disinfect wounds, sanitize surfaces.		
Laxative Tablets (Ducolax/bisacodyl)			
Oil of Clove	A Dentist's word on the use of Oil of Clove.	Dentemp for Loose Crowns and Lost Fillings	
Pain and Swelling Relievers	Fever and pain treatment:Aspirin, Ibuprofen, Acetaminaphin.		
Prescription Glasses, Low cost pair for Backup	Get a paper prescription from your MD for your records. Use for ordering.	LBWOptical.com	72.167.131.158
Prescription Meds	HBP, Birth Control, EpiPens. Ask MD for "Do Not Fill" script for reg meds.		
Rubbing Alcohol	For wound and instrument sterilization, fever reduction, muscle rub.		
Saline Solution	For contact lenses, wound irrigation.		
Sewing kit			
Syrup of Ipecac/Activated Charcoal (Emetic)	Treatment of overdose or poison. NOT FOR CAUSTIC INGESTION	Poisoning:When to Induce Vomiting	165.193.122.26
Temporary Filling Kit for teeth	Sugarless gum, candle or ski wax can be used if you don't have a kit.		
Thermometer	Old one if you can find it.	Forehead Thermometer Strips Example	
Triple-Antibiotic Ointment (Neosporin/generic)	For small wound treatment.		
Vaseline	Cough suppression, wound cover, etc.		
Vitamins	Multivitamin, Calcium, Iron, Etc.		
Wet wipes / Baby Wipes	For B.O.B., retail will hold up longer than homemade.		

First Aid

Medical Websites			
http://armageddonmedicine.net/	Extensive instructions on all things medical		
CPR, Learn Online		Learn CPR Online UofWash Project	140.142.16.71
Medicinal Plants for Diabetes		NIH.gov	137.187.25.43
Medicinal Plants Search	Includes other categories of searches for plants.	Plants for A Future	205.178.152.107
Using Expired Medications Pt. 1	Part 1: Using Expired Medications – Antibiotics & Antivirals		64.92.111.122
Using Expired Medications Pt. 2	Part 2: Are they safe? Are they effective?		64.92.111.122
Using Expired Medications Pt. 3	Part 3: General Principles		64.92.111.122
Downloadable Medical Books			
Book for Midwives			
FreeBooks4Doctors.com	Links to full medical books		
Medical Textbooks	Digital library of military/naval/humanitarian/disaster		
Where There Is No Dentist			
Where There Is No Doctor			
Where Women Have No Doctor			
B.O.B. Medical Kit Supplies:			
BANDAGES:			
(4) Bandage, Adhesive, Fabric, 1" x 3"			
(3) Bandage, Adhesive, Fabric, Knuckle			
(2) Bandage, Butterfly Closure			
(1) Bandage, Elastic, Self Adhering, 2"			
(2) Dressing, Gauze, Sterile, 2" x 2", Pkg./2			
(2) Dressing, Gauze, Sterile, 4" x 4", Pkg./2			
(1) Dressing, Non-Adherent, Sterile, 3" x 4"			
BLEEDING:			
(2) Gloves, Nitrile (Pair), Hand Wipe			
(1) QuikClot Sport 25g			
(2) Trauma Pad, 5" x 9"			
Blister / Burn:			
(11) Moleskin, Pre-Cut & Shaped			
Instruments:			
(3) Safety Pins			
(1) Splinter Picker/Tick Remover Forceps			
(1) Tweezers			
(1) Flashlight			
Medical Information:			
(1) Compreh. Guide to Wilderness & Travel Medicine	Free PDF Download		
Medicine:			
(1) After Bite Wipe			
(2) Antihistamine (Diphenhydramine 25 mg)			
(1) Aspirin (325 mg), Pkg./2			
(2) Ibuprofen (200 mg), Pkg./2			
Inhaler			

First Aid

Wound Care:			
(6) After Cuts & Scrapes Anesthetic/Antiseptic Wipe			
(1) Dressing, Petrolatum, 3" x 3"			
(1) Tape, 1/2" x 10 Yards			
(2) Triple Antibiotic Ointment, 1/32 oz			
(1) Scissors (for cutting away clothing)			
Medicinal Plant Use: (Also in "Gardening" List)			
Alphabetical Listing of Plants by formal name / Latin		Plant Family Database	
Clinical Herb Manuals	Extensive collection of manuals for using plants for medicinal purposes. (Not THAT M. M)	Clinical Herb Manuals from Michael Moore	
Glossary of Medicinal Plant Terms		Glossary of Terms used in herbal/medicinal plant preparation	
Major medicinal plants, dosages, methods	A brief outline of major medicinal plants, dosages, methods.	Outline (PDF)	
Martindale "The Virtual Medical Center"	Extensive collection of guides to medicinal plant use	Martindale "Virutal Medical Center"	
Medicinal and Poisonous Plant Databases	Click 'Medicinal Plant Databases', then 'Specific plants and Conditions', scroll down.	Database	
Plants for a Future - Medicinal		Scads of info on medicinal plants and their use	
USDA Medicinal Plant Database		Use Sub-catagories on right-hand side for ease	199.133.12.24
USDA NYS Guide to Plants by County		USDA NYS Plant Guides by County	

FoodPrep

BACK TO INDEX		
A Note: What kinds of food to store is a personal area. For a good list of foods to store and how much to store, use the Really Good Food Storage Calculator .xls file.		
Really Good Food Storage Calculator		
Equivalency and Shelf Life of Common Items		
General Shelf Life Guide		
Recipes		
Item	Comment	Link
Food Prep Tools		
Aluminum foil	101 uses, including making improvised solar ovens	
Baking soda	Cleaning,cooking	
Bleach		
Can Opener, Manual	Good quality one with several backups.	
Can openers, "Church Key" kind	Several	
Canning jars, lids and rings	Buy plenty of extras for barter	
Charcoal		
Coffee Pot	Camping Coffee Pot or Corning Ware Percolator	
Coffee Filters	Filter water, drain yogurts, washing, wrapping food	
Condiments, small restaurant packets of	Stock up when you go out. Keep the longest.	
Cooking tripod	Can get at Army Navy Stores	
Cutlery, plastic		
Deer bags/Meat Bags		
Dish/dishwasher Soap		
Dutch Oven	For campfire cooking	
Flashlights		
Food Dehydrator	Or set oven on low with door cracked open.	http://www.alpharubicon.com/prepinfo/dehydratorstryder.htm
Food storage bags	Freezer and vacuum	
Garbage Cans	For storing stuff	
Garbage bags		
Grain Mill	Look for hand mills at Goodwill & garage sales.	https://www.readymaderesources.com/cart/index.php?_a=viewProd&productId=653
Grill		Amazon.com
Grill, UCO Grilliput Portable Camping	Lightweight option for cooking over portable stove.	
Gut Buckets		
Hotplate, butane		
Insulated ice chests		
Kettles, huge, Several	Heat water for bathing, dish washing, & laundry	
Knives	And sharpening tools	
Matches	Wooden strike-anywhere	
Meat Saws		
Parafin Wax		
Pest killers	Ants, roaches, etc.	
Pitcher, plastic	Large, plastic jar with screw on lid	
Plastic tubs	Food-grade plastic tubs to store food	

FoodPrep

Plates, plastic / paper		
Plastic wrap		
Plunger Mixing Pitcher	Best way to effectively mix powered milk	http://www.target.com/Dr-Browns-Formula-Mixing-Pitcher/dp/B0011481LM
Pots and pans	Easier to carry in evacuation	
Powdered Milk	Buy the nonfat variety. Store about 20 pounds per adult, per year	Powdered Milk 101 Article
Propane Cylinders		
Recipes	Easy recipes for when power is out. Practice making these.	
Scissors		
Skillets, Cast Iron	Can be used on stove, in oven, over campfire.	
Skinning Knives		
Solar Oven		Make a cheap, simple, effective solar oven
Stew Pot, huge	Used for cooking and heating water.	
Stove, camping	And many spare fuel tanks	
Stove, Jetboil Zip	Cooking option recommended by a member	Amazon.com
Stove, Alcohol	Make your own or purchase.	White Box Stove - \$23.00 complete
Stoves, Rocket	Mike Griffin handout	
Stoves, Variety of DIY emergency		The Homemade Stove Archive
Sulfur	For drying fruit.	
Vacuum Sealer	Food Saver is good. Walmart & Target sell supplies.	
Vinegar	Buy a couple of cases of one-gallon bottles	
Water containers	5 gallon mylar water storage bags	http://beprepared.com/product.asp?pn=ZA%20B100
Whisks		
Ziploc bags	Assorted sized	
Tips:		
Encyclopedia of Country Living	Great book of everything	
LDS Preparedness Manual	Free PDF with a TON of info	http://dl.dropbox.com/u/20859980/LDS%20Preparedness%20Manual.pdf
Recipes, 16 old cookbook scans		PioneerLiving.net
42 Flowers You Can Eat		http://www.mnn.com/food/healthy-eating/stories/42-flowers-you-can-eat
Gas stoves can be manually lit, oven may not		
Food Storage Recipes	Recipes to help you use your food stores for rotation.	http://beprepared.com/recipes.asp?ai=1&sid=recipes
Breast milk storage chart		LLLI.org
BACK TO INDEX		
EQUIVALENCY and SHELF LIFE INFORMATION		
Shelf life is included when possible. Shelf life will always be diminished by heat and/or moisture.		
Letting foods "air out" in a large bowl will often take away that rancid or metallic smell they sometimes get.		
The # sign before an item means "number" as in "#10 can" (number 10 can)		
The # sign after an item means "pound" as in "2#" (2 pounds)		
Food	Shelf life	Equivalency
Applesauce (jars)	5+ yrs	16 Tb / c 4 c / qt .
Apple slices (dehydrated)	30 yrs	10 c / #10 can = 1 ¼ #, 1 c dry + ½ c water = 2 c fresh.

FoodPrep

Baking powder	1 to 2 yrs (I also read indefinite)	32 Tb = 1# Test baking powder: add 1 tsp to 1/3 c hot water.
Baking soda	Indefinite	32 Tb=1# Store in sealed container in cool dry place. To test: add to water-if it bubbles, it's good.
Beans	30 yrs	12 c / #10 can 1 # =2 1/2 c dry = 6 c cooked.
Butter (almost)		1 pound shortening + 1/2 tsp salt + 1 2/3 c condensed milk. Whip the shortening and salt until light. Add the condensed milk a little at a time and blend.
Butter (canned)	10+ yrs (indefinite?)	12 oz can=24 Tb or 3 sticks of butter
Cake mixes	5+ yrs	Includes cookie, cornbread, brownie and other mixes Vacuum seal in
Candy	3 - 5 yrs	3 yrs / chocolates 6+ / jelly beans, hard candies. Vacuum seal in jars
Canned foods	3+ yrs	Canned food maintains its high eating quality for more than two years and is safe to eat as long as the container is not damaged in any way. Toss out any bulging or weeping cans.
Carrots (dehydrated)	25 yrs	12 c / #10 can=2 1/2 # 1/2 c dry=1 c hydrated carrots
Celery (dehydrated)	25 yrs	12 c / #10 can 2 oz=1 c 1/2 c dry=1 c hydrated celery
Cheese (canned)	10+ yrs (indefinite?)	Can be sliced, shredded or melted 8 oz per can
Cheese powder	5+ yrs	4 c in 1 # of powder 96 Tb=1 # Vacuum seal /use for mac & cheese
Chili (canned)	10+ yrs	(or as long as the can is still in good condition; no weeping/bulging)
Cocoa	20 yrs	90 Tb =1# Vacuum seal in jars Will smell rancid when bad.
Cornmeal	6+ yrs	4 c=1 # Vacuum seal in jars
Cornstarch	Indefinite	45 Tb=1# Vacuum sealing not necessary
Corn syrup	Indefinite	1 c sugar + 2 c water. Cook til thick. (About an hour in solar oven.)
Cream of tartar	Indefinite	3 Tbs = 1 oz 48 Tbs = 1# Vacuum seal in jars
Eggs (fresh)	1 yr	Dip hands into warmed mineral oil and lightly coat eggs. Replace in carton with point down. In cold climates store in a cool, dark place.
Eggs (powdered)	10 yrs	32 eggs=1# 2 eggs=1 oz Use gelatin (Knox type) as an egg
Egg substitute	See Gelatin	
Flour (white)	10+ yrs	12 c / #10 can 19 c=5#
Gelatin (Knox type)	Indefinite	1# gelatin=192 eggs 1 oz unflavored gelatin=12 tsp=12 "eggs"
Egg substitute:		1 tsp gelatin + 3 Tb cold water + 2 Tb hot water=1 "egg" Buy in bulk (bulkfoods.com).
Grapenuts	10 yrs	6c in 24 oz box Vacuum seal in jars.
Honey	Indefinite	20 Tb=1 c=13 oz 6 c=5# Reconstitute honey by heating it.
Hot cocoa	2 to 3 yrs	12 c / #10 can #10 can=56 liquid c.
Krusteaz Pancake mix	.3+ yrs	1c mix = 6 (4") pancakes. 10# bag makes 240 (4") pancakes
Macaroni	30 yrs	12 c / #10 can 4 c = 1 # 2 c dry=5 c cooked
Malt-o-meal	6+ yrs	28 oz box=4 1/2 c dry= 18 c cooked 1/4 c dry=1 c cooked Vacuum
Meats	3+ yrs	1 pint bottle holds 1# of meat 1 qt bottle holds 2#.
Milk (nonfat dry)	20 yrs	12 c/#10 can 1/3# dry=1 c dry #10 can=58 liquid c 1/4 c dry = 1 c milk.
Buttermilk:		1 c water, 1/3 c dry milk, 1 Tb vinegar or lemon juice. Let it sit 5 min.

FoodPrep

Condensed milk:		½ c hot water, 1 c sugar, ¼ c dry milk, 1 c water. Place in canning jar with lid & shake.
Eagle Brand:		1 c hot water, 1/3 c corn syrup, 1 2/3 c sugar, ¼ tsp vanilla, pinch of salt, ½ c butter, 2c dry milk.
		Place all ingredients except butter in canning jar with lid and shake until well blended. Gradually add the butter and shake each time until well blended.
Shelf stable:		Whole, 2%, soy & rice. Real milk that sits on the shelf and has at least a 1 year shelf life.
Skim:		1c water + ¼ c dry milk.
Whole		1 c water + 1/3 c dry.
Mushrooms (dehydrated)	20 yrs	4 c dehydrated=3 oz 20 c=1 # Vacuum seal in jars.
Noodles (egg)	6 yrs	4 c=8 oz 2 c dry=2 c cooked Vacuum seal in jars.
Nuts	5+ yrs	Vacuum seal in jars
Oats (regular)	30 yrs	12 c /#10 can 1 c = 4 oz 1 c dry = 2 c cooked
Onion (dehydrated)	30 yrs	12 c / #10 can=192 Tb 6 Tb dry = 1 c fresh onion 16 Tb dry/1 c.
Parsley	10+ yrs	30 Tb = 1 oz
Peanut butter	2+ yrs	Unopened
Pepper	10+ yrs	6 Tb = 1 oz
Popcorn	Indefinite	Vacuum seal in jars
Potatoes (instant flakes)	30 yrs	12 c / # 10 can 1 ½ c flakes + 1 ½ c water + ½ c =2 c potatoes.
Pudding mix	5+ yrs	12 c mix / #10 can.
Raisins	3 to 5+ yrs	4 c = 1# Vacuum seal in jars.
Rice	30+ yrs	12 c / #10 can 2 1/3 c / 1# 1 c raw=3 c cooked . If rice becomes rancid, air it out for 2 or 3 days and rinse with water .
Salt	Indefinite	1 ½ Tb=1 oz 26 oz container = 39 Tb or 117 tsp.
Shortening	10 yrs unopened	Vacuum seal in jars. After opening, melt, pour into jars, place lid and ring on jar. As it cools, it will seal the jar and extend shelf life.
Soup base (bouillon)	10 yrs	1/8 - ¼ c dry makes 6 c broth.
Soy Sauce.	5+ yrs	
Spaghetti noodles	30 yrs	4 # / #10 can 8 oz=4 c cooked.
Spaghetti sauce.(glass jars)	3+ yrs	
Spices	10+ yrs	1 c=4 oz=16 Tb. 64 Tb= 1#. Vacuum sealing ok,not necessary.
Sugar (white)	Indefinite	16 Tb/c 2 c=1#. Store in plastic buckets. Needs no vacuum sealing.
Sugar (brown)	Indefinite	1 1/3 c=1#. Vacuum seal in jars.
Syrup (bottled)	3+ yrs	
Syrup (homemade)	indefinite	1 c water + 2 c sugar. Boil til thick; add maple flavor. Make just what you need as this will not keep without refrigeration.
Tabasco	5+ yrs	
Tapioca	10+ yrs	40 Tb=1# 1 Tb=1 c cooked. Vacuum seal in jars.
Toothpaste	4-5 years	
Tomato powder	15+ yrs	1 c powder + 2 c water=2 c tomato sauce.Vacuum seal in jars.

FoodPrep

Vanilla (imitation)	10+ yrs	
Vinegar	Indefinite	
Wheat	30+ yrs	5.8 # / #10 can =12 c=18 c flour when ground. 1 c wheat = 1 ½ c flour. 2 1/3 c wheat / 1# = 3 ½ c flour.
Yeast	5+ yrs in freezer (1 yr out)	2# Red Star compressed dry yeast = 96 Tb. Test yeast: add ½ tsp to ½ c warm water. Should bubble after a minute and smell good.
General Shelf Life Guide		
Rotation ensures that your food is always acceptable in quality by reducing the chance for insect, rodent, or chemical spoilage. Food losses can be prevented by rotation. Even freeze-dried goods sealed in cans under nitrogen should be rotated within 3 to 5. The following information provides general guidelines for items stored in cans.		
18 - 24 Month Shelf Life		
Wet-pack canned foods (if not acidic or "old" goods purchased on sale. Non-acidic canned goods include tomatoes and vegetables.)		
Boxed goods (pastas, mixes, puddings, gelatin, etc.) placed in sealed containers (to prevent loss from moisture or weevil)		
Foods in foil-lined bags (such as onions and potatoes) if kept tightly closed		
2 Year Shelf Life		
Foods containing butter fat, egg yolk, milk fat, peanut oil		
Peanut Oil		
Brown Rice		
Yeast		
Bouillons and Soup Bases (in a jar)		
[These foods can last up to 5 years if packaged with "controlled atmosphere packing" which means that all oxygen has been removed from the can before sealing.]		
5 Year Shelf Life		
Bouillons and Soup Bases (in a can)		
Garlic granules or powder		
Pasta products		
Onion granules or powder		
Whole Wheat Flour		
Freeze Dried Foods (5-7 year shelf life. After opening can, cover with tight lid and use within 6 to 8 weeks)		
Dehydrated Foods (5-7 year shelf life. After opening can, cover with tight lid and use within 6 to 24 months)		
Extracts		
5 to 10 Year Shelf Life		
Dessert Mixes		
Drink Mixes		
Milk, Regular, Non-Fat, Powdered		
Rolled Oats		
Potatoes, granulated, without milk		
Baking Powder		
Making soda		
Breakfast drinks		
Corn Meal		

FoodPrep

Corn Starch		
10+ Year Shelf Life		
Potatoes (diced, flaked, shredded, sliced)		
Vegetables (salad blend, soup blend, vegetable mix)		
Egg Whites		
Fruits		
Meat Substitutes		
Onions		
Peppers		
White Rice		
Shortening Powder		
Tomato Crystals		
Cracked Wheat		
Spices		
20+ Year Shelf Life		
Dry Beans		
Beef Jerky		
Honey		
Multi-purpose Food		
Dry Peas		
Salt		
White Sugar		
Wheat (whole kernel, hard, dry – less than 12% moisture content)		
RECIPES		
Homemade Pedialyte (Excellent for re-hydrating and getting electrolytes back into your body-- infants, children, and adults)		
1/2 tsp. table salt		
1/2 tsp. baking soda		
2 tbsp sugar		
Mix everything with 1 liter boiling water (You can add and unsweetened pack of kool aid to help with the taste)		
Homemade Baby Formula (Caution: Breastmilk is #1, Commercial baby formula is #2, this is your last resort)		
2 cans evaporated milk		
32 oz water		
2 tbsp karo syrup		
3 mL Poly Vi Sol vitamins		
Bannock (No yeast bread that can be cooked on a stick over a fire or in a skillet)		
1-cup whole wheat flour		
1 teaspoon baking powder		
¼ teaspoon salt		
3 tablespoons butter		

FoodPrep

2 tablespoons milk powder		
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Mix all ingredients and either roll into a "snake" and wrap around a stick, or flatten and cook in skillet. Either option is great cooked over an open fire.
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Gardening

BACK TO INDEX			
Item	Comment	Link	IP Address
Garden Implements:			
Fertilizer spreader / broadcaster			
Garden Hoses			
Gloves			
Hedge Shears			
Hoe			
Pruner			
Rake, Garden			
Seeds, Heirloom	NOT hybrid, don't come back every year		
Seed starter trays			
Shovel	Several variations		
Spade			
Spray head			
Sprinkler / watering system			
Tomato cages			
Trowel			
Wheelbarrow/Garden cart			
Resources			
Basic discussion of gardening tool catagories		OrganicGuide.com	
Gardening for City Dwellers	Grow a 'Salad Tree' in a container	http://www.pioneerliving.net/citydwellerssuburbs.htm	
Gardening in Upstate NY	Cornell Cooperative	Cornell.edu Co-Operative Extension Website	
Heirloom Seeds	Can be used year after year. Hybrid won't come back.		
Herbs	Get started with medicinal herbs such as aloe vera (for burns), echinacea, valerian, etc.		
How to create Mel's Mix (SFG) soil	Great mixture for loose soil	MySquareFootGarden.net	184.168.136.128
Long-term storage non hybrid (open pollinated) seed	Non-hybrid "heirloom" seed assts tailored to different zones at The Ark Institute	The Ark Institute	209.157.71.121
Lumber to build the bed or buy a Kit	Use deck screws to fasten at corners		
Plant Support Options	Trellises, tomato cages, vertical and horizontal supports	MySquareFootGarden Support Options	184.168.136.128
Seed Starter Soil			
Seed Starting Chart (Excellent)	Great Modifiable chart to use from year to year	http://www.wesurroundrochester.com/files/	
SFG Website "MySquareFootGarden.net"	Really good site – though not the original. Tons of pics and explanations, tips, forum.	MySquareFootGarden.net	184.168.136.128
Square Foot Gardening Book	The best gardening system ever! Reduced weeding, grows in fraction of usual space.	Amazon.com for the Book	
Top Soil/Amendments/Fertilizers			
Medicinal Plant Use: (Also in "First Aid" List)			
Alphabetical Listing of Plants by formal name / Latin		Plant Family Database	
Clinical Herb Manuals	Extensive collection of manuals for using plants for medicinal purposes.	Clinical Herb Manuals from Michael Moore	
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Martindale "The Virtual Medical Center"	Extensive collection of guides to medicinal plant use	Martindale "Virutal Medical Center"	
Medicinal and Poisonous Plant Databases	Click 'Medicinal Plant Databases', then 'Specific plants and Conditions', scroll down.	Database	

Gardening

Plants for a Future - Medicinal		Scads of info on medicinal plants and their use	
USDA Medicinal Plant Database		Use Sub-catagories on right-hand side for ease__	199.133.12.24
USDA NYS Guide to Plants by County		USDA NYS Plant Guides by County	

Links

BACK TO INDEX			
Item	Comment	Link	IP Address
100 Items that Disappear 1st in an Emergency	Get yours before the SHTF. Great barter items on this list.	http://www.thepowerhour.com/news/items_disappearfirst.htm	216.128.13.201
Build An Ark	Covers Beekeeping, Making Cheese, How-To videos, food prep	http://buildanark.net/	66.39.151.97
Canning		http://www.pickyourown.org/allaboutcanning.htm	64.50.172.71
Collection of Firearm Breakouts & Manuals		http://stevespages.com/page7a.htm	64.29.151.221
Collection of Military Manuals		http://stevespages.com/page7c.htm	64.29.151.221
Cornell Cooperative Extensions	Locally based information on gardening, raising animals, pest control, more.	Google: 'Cooperative Extension' and county name	
Coupon Sharing Site		http://www.couponcarousel.blogspot.com/	
Coupon Sharing Site		http://thekrazycouponlady.com/	
Coupon Sharing Site		http://savvyshopperdeals.com/	
Download YouTube Videos for Future Use	Build a file of 'How-To' videos, music to soothe, etc.	http://download.cnet.com/YouTube-Downloader/3000-2071_4-10647340.html	
Ebook: Hesperian	"Publishing for community, health and empowerment."	http://hesperian.org/publications_download.php	204.15.125.41
Ebook: Project Gutenberg	Over 33,000 out-of-copyright books for free download.	http://www.gutenberg.org/wiki/Main_Page	152.19.134.47
End Times Report	Plethora of Information	http://www.endtimesreport.com	174.122.42.236
Essential Tools List	Tools list for most building projects	http://www.pbs.org/woodwrightsshop/tools/index.html	
Global Security	Huge collection of Army Field Manuals	http://www.globalsecurity.org/military/library/policy/army/fm/	198.65.138.161
How to Knit: The Basics	YouTube video of a skill that could be useful	http://www.youtube.com/watch?v=3uw-nUvGrBY	
How To's for Absolutely Everything	Huge collection of practical How-To Technical Development Information	www.cd3wd.com	65.182.101.205
Monroe County police/fire/ambulance radio		http://www.radioreference.com/apps/audio/?ctid=1852	174.129.16.232
Mrs. Survival Blog	Forum with practical advice / info for preppers in every area	http://www.mrssurvival.com/bestof.html	97.74.77.16
NYS Traffic Cams		http://www.511ny.org/traffic.aspx	165.193.215.50
Provident Living		http://providentliving.org/	216.49.176.36
Reading Can Codes	Help to decipher date stamps	http://www.mealtime.org/content.aspx?id=160	184.106.114.41
Survival Blog	Searchable blog of James Rawlins	http://www.survivalblog.com/	64.92.111.122
Survival Topics – Your Online Survival Kit	Good general answers to various survival questions for 'the rest of us'	http://www.survivaltopics.com/	74.204.173.176
Survival-Blog Quick Start Guide for Newbies		http://www.survivalblog.com/newbies.html	
The Survival Mom		http://thesurvivalmom.com/category/instant-survival-tips/	97.74.26.170
Tying Knots	Animated videos, catagorized by type, for learning to make knots	http://animatedknots.com/	209.200.240.79
We Surround Rochester	Lots of great patriot information	http://www.wesurroundrochester.com/	64.90.170.10
Medical Websites (From "First Aid" List)			
Extensive instructions on all things medical		http://armageddonmedicine.net/	97.74.251.244
Breastfeeding Organization	PDF downloads.	http://www.lli.org/	
Medicinal Plants for Diabetes			
Using Expired Medications Pt. 1	Part 1: Antibiotics & Antivirals	http://www.survivalblog.com/2010/10/guest_article_using_expired_me.html	64.92.111.122
Using Expired Medications Pt. 2	Part 2: Are they safe? Are they effective?	http://www.survivalblog.com/2010/10/guest_article_expired_medicati.html	64.92.111.122
Using Expired Medications Pt. 3	Part 3: General Principles	http://www.survivalblog.com/2010/11/expired_medications_-_part_3_g.html	64.92.111.122
Ready Made Resources			209.197.255.141
Amazon.com		www.Amazon.com	72.21.211.176
Instructables.com	Giant user-generated collection of 'How To' on everything under the sun.	www.Instructables.com	74.50.63.27

Links

Preparednesspro.com		www.Preparednesspro.com	66.11.234.212
Preppers.info		www.Preppers.info	97.74.144.132
SurvivalTopics.com		www.SurvivalTopics.com	74.204.173.176
Wikihow.com		www.Wikihow.com	173.203.142.18
Survival Apps:			
5-0 Radio	Various area public safety scanner feeds		
Classics To Go	Classic literature (Gulliver's Travels, The Invisible Man)		
Coleman Camping Cookbook			
Google Earth			
I (heart) Radio			
SAS Survival Guide	Lite version free; Full version \$6.99	Lite version free; Full version \$6.99	

Misc

BACK TO INDEX		
Various cool things that don't fit neatly in another tab.		
Item	Comment	Link
STUFF		
Bag Balm		
Bikes and Bike tires		
Bondex Outdoor Restore	Peel and Stick nylon for tent, backpack repair	
Cash on hand	Smaller bills - \$1, \$5 & \$10 bills are best.	
Clothespins	Many Uses	
Crochet Hooks & Patterns		
Dental Floss	Many Uses. Fishing, trussing, teeth, etc	
Gas cap, locking		
Fly swatter		
Gold	in any form	
Half Barrels	For working in (washing cloths etc)	
Knitting Needles & Patterns		
Paracord Bracelet	550lb strength-can use for rope and has a core of other strings that you can use for other things like fishing, etc.	http://www.walgreens.com/search/results.jsp?Ntt=alum+a+wallet
RFID-scanner proof wallet	Aluma-wallet	
Sewing Gear	Sewing and wound repair	
Silver dimes, pre-1965	Made of real silver	
Silver or gold coins, bars, etc.-stock up	Stock up if you can for barter, protecting your wealth, buying a new currency if the dollar crashes.	
SWOT fly repellent		
Tarp	Temp shelter, cover broken windows, ground cover	
Tent	Extra stakes, line and rip repair material	
Tin cans	For many uses	
The Power of Three (document)	Have three ways to do everything if possible	http://www.wesurroundrochester.com/files/
Twine	Lots of it in natural fibers. Nylon rope.	
Velcro	Available cheap at Walmart, something not easily made	
TIPS:		
Don't buy your tools, can openers, etc. at the Dollar Store. Get the best quality product you can afford for the durable equipment.		
Two is one, one is none.		
LEDs offers higher light values at lower energy cost.		
Wear a hat to bed if it is cold. Retains mega heat.	Heat escapes most from head	
Make a list of the IP addresses for favorite websites in case of redirection/governmental interference		Find the IP address for websites
Keep stuff in car at all times	water bottles, flares, leatherman, power bars, gloves & hats in winter, blanket	

Misc

Tea Tree Oil (necessity!)		
List of uses from care2.com		
<i>For Health</i>		
1. Use a dab to treat acne.		
2. An anti-fungal for treating Athlete's Foot, eczema, various yeast infections, etc.		
3. An antiseptic to be used on cuts and burns.		
4. An anti-viral: it may lessen the symptoms of colds and flu. Try using a few drops in the bath.		
5. Add to a vaporizer to loosen chest congestion.		
6. Add a small amount to shampoo to destroy head lice.		
7. A small amount added to your bath can help with persistent body odor.		
8. Treating sinus infection.		
9. For dandruff and dry scalp.		
10. In the form of aromatherapy, tea tree oil is used to treat colds, persistent coughs, acne, toothaches, and sunburn.		
<i>For Cleaning</i>		
11. To create an all-purpose cleaner, combine 2 teaspoons of tea tree oil in 2 cups of water in a spray bottle.		
12. Another version would be 14 ounces of water with 1 ounce of Murphy's oil soap and 10 drops of tea tree oil.		
13. Mix the above solution with kosher salt to scrub bathtub and bathroom tiles.		
14. Add a few drops to dishwasher dispenser, then fill with a green dishwashing soap.		
15. A few drops added to each load of laundry leave your clothes smelling cleaner.		
16. Control mold with a tea tree oil/water spray.		
17. Remove mustiness with that same tea tree oil/water spray.		
18. To keep germs at bay, spray it on high chairs, car seats, and other high traffic spots.		
19. 15 drops in a quart of water can be an effective insect repellent.		
20. Be sure to take some with you when hiking and camping to put directly on insect bites or blisters.		

EMP NBC Disasters

BACK TO INDEX		
EMP-Nuclear-Biological-Chemical Emergencies (NBC)-hey, you never know.		
Item	Comment	Link
EMP:		
Faraday Cage	Info on Protection from EMP	http://suburbansurvivalist.wordpress.com/2010/02/07/faraday-cages-to-protect-electronics/
Nuclear:		
Dosimeter		
Rate Meter		
Charger		
Radiac Meter		
Rolls of Sheet Plastic	For isolating airflow to air filter inlets and for covering window frames in the event	
Duct Tape		
HEPA Filters	And Spares	
Potassium Iodate Tablets	To prevent thyroid damage	
Outdoor shower rig	Decontamination	
Geiger Counter		
Biological:		
Disinfectants		
Hand Sanitizer		
Sneeze masks		
Colloidal silver generator	Spare supplies (distilled water and .999 fine silver rod.)	
Natural antibiotics	Echinacea, Tea Tree oil etc...	
Ground Zero II	Interactive map showing the ranges of damage from nuclear blast with various	http://www.carloslabs.com/node/20
Bomb & Fallout Shelter Plans		http://www.radshelters4u.com/index3.htm
Flare Alert	Free email alert of coming solar flares	http://www.ips.gov.au/mailman/listinfo/ips-flare-alert

Pets

BACK TO INDEX		
Item	Link	IP Address
Collars		
Flea Control		
Food - Canned		
Food - Dry		
Heartworm Remedy		
Kitty Litter		
Leashes		
Litter Alternatives		
Shots / Immunizations Records		
Veterinary Medicine		
Veterinary Medical Resources		
Animals in Disaster: Awareness and Preparedness-Free, online FEMA Training	http://training.fema.gov/EMIWeb/IS/IS10a.asp	205.128.1.22
A Manual for the Primary Animal Health Care Worker	http://www.fao.org/docrep/T0690E/t0690e00.htm#Contents	193.43.36.12
Animal Disaster Training Opportunities	http://www.avma.org/disaster/training.asp	72.29.77.25
Animal Health Disaster Preparedness Series	http://www.avma.org/disaster/links.asp	72.29.77.25
County Animal Response Team Brochure	http://www.empiresart.com/pdfs/Public%20Preparedness%20brochure%20long%20version.PDF	64.30.224.112
Free Medical Journal Articles	http://freemedicaljournals.com/fmj/IP_VETER.HTM	217.160.60.64
Merck Veterinary Manual	http://freemedicaljournals.com/fmj/IP_VETER.HTM	155.91.16.177
B.O.B. Contents Suggestions:		
Blanket or towel with pets scent on it		
Brush		
Carrier		
Collapsable bowls		
Flea & Tick Preventative		
Litter - Usual Brand		
Reflective Collar, Leash &/or Harness		
Up-to-date pet tags		
Water Purification Tablets		
Wet & Dry Food - Usual Brand		

BACK TO INDEX			
Item	Comment	Link	IP Address
Birth control	Stock for usual method and a backup method.		
Clothesline	To hang clean clothes and other uses		
Dental Adhesive (Fixodent, Polident)			
Dental Floss	Many Uses		
Deodorant / Antiperspirant			
Diapers, cloth	Used cloth diapers which are good for a million things.	http://www.luvaboos.com	64.14.68.147
Feminine Napkins, Disposable, Washable	For when the disposables run out	http://www.naturallycozy.com/washable-feminine-napkins.html	199.34.228.100
Hair Care Items	Shampoo, Hair Ties		
Hand Sanitizer	Small sanitizer containers which are refilled from a large container.		
Nail clippers			
Prescription and nonprescription medications			
Razors / Shavers	Good time to obtain and learn to use a straight razor?		
Saline Solution	For contact lenses and other medical uses.		
Sewing kit			
Shampoo			
Shaving Cream			
Soap			
Spare prescription eyeglasses	Get paper prescription from your MD for your records/use for ordering.	http://lbwoptical.com/	72.167.131.158
Surgery, Dental Work	Take care of these now.		
Toilet Paper			
Toothbrush			
Toothpaste (or powder)	For BOB, dry dots of toothpaste on wax paper. Put on wet brush to use.		
“Comfort” items:			
Books			
Candy			
Games, playing cards			
Music			
Sewing items	Cross Stitch, Knitting, Crochet		
Saline Eye Drops			
Cosmetics, Making your Own	Pampering items to make a person feel human again!		
_MyBeautyRecipes.com			70.86.183.98
_AllNaturalBeauty.us			68.180.151.75
Hygenic wipes - homemade			
What You Need:			
Round plastic container (Rubbermaid #6 or #9 works well)			
Thick, strong roll of white paper towels			
Sharp knife to cut paper towel roll in half			
2 cups water that has been boiled and cooled to room temperature			
2 Tablespoons baby shampoo or baby wash			

1 Tablespoon baby oil			
Cut the roll of paper towels in half with a knife and remove the inner cardboard core. Personal Care Items			
1. Mix liquid ingredients in container.			
2. Place the paper towels in the container with the cut side facing downward.			
3. Secure lid tightly and allow to sit until all liquid is absorbed into the paper towels.			
4. Turn the container upside-down and allow to sit for 10 minutes.			
5. Open container and 'start' the roll by pulling a towel from the inside of the roll.			
6. Wipes are now ready to use.			
Tips:			
1. These also make a great gift for new parents. You can decorate or personalize the container and, of course, be sure to include a copy of the recipe.			
2. Save the other half of the roll for use next time you make wipes.			
3. Make sure the container is closed tightly after each use to prevent drying out.			
4. When your baby is older and his skin is less sensitive, you can add about a teaspoon of rubbing alcohol to the mix.			

Lighting/Batteries/Fuel

BACK TO INDEX			
Item	Comment	Link	IP Address
Batteries	When possible, buy nickel metal hydride batteries. (Unlike the older nickel cadmium technology, these have no adverse charge level "memory" effect.)		
Batteries, Rechargeable			
Battery Booster pack	Around \$100 for jump starts		
Battery Charger(s)	Solar, electrical		
Black out curtains or black plastic	Buy materials in advance for making blackout screens or fully opaque curtains for your windows.		
Candles			
Flashlights, large and small	Spare bulbs		
Flashlights, Wind up Flashlights		Amazon.com General Crank Flashlights	
Fuel, vehicle	Keep at least two tanks-full of fuel on hand per vehicle as well as extra fuel for a generator, chainsaw, etc. Rotate all fuel every six months.		
Generator	Change fuel and add fuel stabilizer every year		
Generator, fuel			
Glow Sticks			
Lamp Oil	Online Sources - General Liquid Parafin Oil - 1 Gallon Klean Heat Oil from Lehman's		
Lamp Oil, Funnel	For lamp oil refilling		
Lamp, Hurricane, Chimneys	How to measure for replacement chimney	Amazon.com General Chimney	
Lanterns, Kerosene	Also known as 'Dietz Lanterns'. Can use lamp oil instead of kerosene. Look for them at garage sales, second-hand stores.	Amazon.com	
Lanterns, Mantels for camping Lanterns			
Matches, Strike Anywhere	LOTS of them, stored properly they wont go bad. Dip in wax to waterproof.		
Refined Fuel: Lots of 2 Stroke Mixing Oil	Cannot be substituted, get a LOT. Boats, chain saws, etc.		
Smoke and CO detectors			
Solar System, Make your own	Article: "DIY Home Solar System"	Article: "DIY Home Solar System"	66.11.234.212
Solar Walkway Lights	Can be put outside all day and brought inside for additional light, using Vase, weighted PVC pipe stand.		
Sternos		Walmart.com	
Wicks for Oil Lamps-flat wicks			
One proviso: In the event of a "grid down" situation, if you are the only family in the area with power, it could turn your house into a "come loot me" beacon at night.			

Sanitation

BACK TO INDEX			
Item	Comment	Link	IP Address
Anti-fungal spray	Or use AppleCider Vinegar		
Baking Soda	Many uses.		
Borax	Laundry, cleaning, keeps bugs out	25 Household Uses for Borax	
Cleaning kit - non Toxic	Homemade very cheap cleaning products	DIY Non-toxic Cleaning Kit	
Clothespins	Many uses.		
Comet	All purpose cleaner		
Dental Floss			
Fluoride rinse			
Honey, Raw unprocessed	Bacteria fighter, wound healer		
Kitty Litter, Saw Dust	For the outhouse. Buy plenty!		
Laundry: 5 gal. bucket & NEW toilet plunger	How to do laundry using a plunger	General instructions	173.203.142.18
Lye	For making soap.		
Outhouse: Diatomaceous Earth	For the outhouse. Keeps flies & other insects at bay.	Amazon.com	
Sewers backing up	Wedge a tennis ball in the toilet to prevent backflow.	Preparedness Pro	66.11.234.212
Soap Making Instructions	Make your own soap	PioneerLiving.net Soapmaking	216.52.115.5
Soap Making Supplies		Amazon.com	
Soap, Dish			
Soap, Hand			
Soap, Laundry	stock up. Woolite works well with hand-washing.		
Sunscreen			
Toilet Pack	Fold-Flat Portable Emergency Toilet Pack	Lifesecond.com	64.251.199.1
Toilet Paper / Phone Books	Lots of it! Save old phone books for when TP runs out.(Store in SpaceBags for less bulk.)		
Toilet Stuff: Dirt, wood ash, ChemiSan	Products to sprinkle in toilet	ChemiSan Products	
Toilet, 5 gallon bucket and toilet seat		Amazon.com Emergency Toilet Seat, Emerg. Toilet Kits	
Toilet, Lime, Sacks of powdered	For the outhouse. Buy plenty!		
Toilet-Cleanwaste Products	(For the more financially 'flush' Prepper)	Cleanwaste.com	74.208.214.14
Toileting Methods: Emergency Sanitation	Brief discussion of various toileting methods	http://www.practicalsurvivor.com/emergencysanitation	
Vinegar, Apple Cider Vinegar	Health, bacteria fighter		
Vinegar, White	Cleaning		
Washboard, for laundry	How to wash clothes on a washboard	http://www.pioneerliving.net/washboard.htm	

Security-Safety

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Item	Comment	Link
Firearms		
Martial Arts Training	Rochester Personal Defense	http://safeinrochester.com/
Situational Awareness Training		
Dog, BIG dog	And lots of dog food	
MURS radio	Has sensors that will alert you if a sensor is tripped.	
Home Security	Locks, intrusion detection/alarm systems, exterior obstacles (fences, gates, 5/8" diameter (or larger) locking road cables, rosebush plantings, "decorative" ponds (moats), ballistic protection (personal and residential), anti-vehicular ditches/berms, anti-vehicular concrete "planter boxes", razor wire, etc.)	
Barbed Wire	For use as tangle foot wire, for defense. Get stakes to put it down with.	
Battery-Powered Smoke & CO2 Detectors	If power is out, these may save lives	
Garbage Bags, thick black	Or Black polyethelene. To use as covering for windows so your light won't attract people to you.	
Gorilla Tape and Glue		
Duct tape	Many uses.	
Inferno pepper spray from Cold Steel	The Steel Source in Henrietta sells it. Cold Steel website won't ship it to NY.	
Amateur Radio Licensing	HAM radio license	http://www.arrl.org/
Rochester Ham Radio	Rochester Amateur Radio Association	http://rochesterhamfest.org/
Synthetic double-bag sleeping bag	The Wiggy's brand Flexible Temperature Range Sleep System (FTRSS) made by Wiggy's of Grand Junction,	http://www.wiggys.com/
Self-Defense with a Walking Stick		_Part 1:
Split Second Defense with Larry	Online	http://www.splitsecondsurvival.com/modules.php?name=SSS-Downloads
Rochester Rifle Club	Henrietta, NY. 24 hr access to a shooting range	http://rochesterrifleclub.org/rrc/index.php
Firearms Training	Rochester Personal Defense	http://safeinrochester.com/
Firearms Training	Firearms Safety Academy, Webster, NY	http://www.firearmssafetyacademy.com/
American Red Cross Trainings	First Aid, CPR, AED, Wilderness First Aid, many others	RochesterRedCross.org
Family Safety Plan	Long-distance phone numbers, where to meet out of area	

BACK TO INDEX	Tools	
<p>May be more than you need, but pick and choose. For older, good quality tools, look at Garage/Barn/Estate sales. Buy the best quality you can afford, because 2 is one, and 1 is none.</p>		
Item	Comment	Link
Essential Tools List	Tools required for most building projects. Extensive.	PBS.org Wood Wright Shop
Tools		
Auger	Assorted Sizes	
Awl		
Axes	Large broad axe, Felling Axe, splitting maul	TraditionalWoodworker.com
Batteries	Rechargeable, regular, hearing aid	
Battery Jump Box		
Bicycle Tubes	Patch Kit, Foot pump	
Bit Center		PBS.org Wood Wright Shop
Bolt cutters	The indispensable "universal key"	
Broad Axe, Small		Traditional Wood Worker
Bucksaw		Crosscutsaw.com
Bungie Cords		
Bushman (or Bushman Bowie)		ColdSteel.com
Cable/Zip Ties		
Caulking Gun	Get indoor / outdoor silicone caulk	
Chains, Assorted	Several heavy duty chains for pulling and strapping	
Chainsaw	And spare parts: Bar, Bar Oil, Chains (6)	
Chisels	Wood, Stone	
Commando Saw	Wire loop can be carried in pocket can cut wood, metal, bone, various uses	
Cord, clothesline		
Cord, Rope Lamp		
Cotter Pins		
Crosscut saw sharpening kit		
Dental Floss	Many Uses	
Drill Bits		
Drill, hand, Heavy Duty	with a chest plate	Traditional Wood Worker
Dust Masks		
Fan Belt	For car	
Files, Set of good ones	Redundant and several styles for different material	
Flashlights	Numerous of different power needs. EXTRA BULBS	
Garden Cart, Two-Wheeled	TIP: Convert wheels to solid rubber tires/foam filled "no flats" tires	
Gauge		http://www.pbs.org/woodwrightshop/tools/Gauge.html
Generator	And spare gas	
Gorilla Glue		
Grind Stone	A manually powered round wetstone for sharpening tools.	
Hacksaw		
Hacksaw Blades		
Hammers		Different Types of Hammers
Knife, draw		http://www.pbs.org/woodwrightshop/tools/Draw_knife.html
Knife, Pendleton Lite Hunter	X 10 for use and barter	http://www.coldsteel.com/pehu.html
Knife, skinning	Green River brand, Use and Barter	Everten.com.au
Lawnmower	Hand, push type	

	Tools	
Leather Punches		
Leatherworking Tools		Leather Working Tools
Liquid Nails, Tubes		
Lumber	All types	
Machete with a sheath	Good to have more than one	http://www.coldsteel.com/bolomachetes.html
Multi-tool, carryable	Leatherman brand is best	
Nail Set / Nail Punch		
Nails, Assortment	Lots, various sizes. 10 Penny the most useful construction size.	
Oil, 3 in 1	Several Gallons of it, multiple uses.	
Paracord	At least 100 ft roll. Can make it into a bracelet	http://www.youtube.com/watch?v=kPO19rXgalo
Pick Axe		
Planes, Assorted		Traditional Wood Worker
Pliers		Different Types of Pliers
Pop Rivet Gun and Rivets		
Post Hole Digger		
Propane Torch	Extra Propane	
Pry Bar		
Razor Blades	Various types. Good for barter, too.	
Safety glasses		
Saw, bucksaw		
Saw, Carpentry	Cross cut, Rip, and one person crosscut for felling trees	
Saw, Commando Wire saw		
Saw, Crosscut, Two-man		Traditional Wood Worker
Saw, wood and metal		
Screw Drivers		Different Types of Screw Drivers
Screws, Assortment		
Scythes	Several, hand	
Sharpening Stone	For sharpening knives	
Sledge hammer		
Spray paint, black, flat		
Staple Gun	and Staples	
Super Glue		
Tape	Duct, Masking, Electrical, Teflon, gorilla	
Tape Measure		
Tin Snips, good quality		
Tires-Fix-A-Flat		
Tires-Plug kit		
Tomahawk, Spike Hawk	X 2 Tomahawk	http://www.coldsteel.com/spike-hawk.html
Tree Limb Loppers		
Utility Knives		
Vise Grips		
WD-40		
Wedges	For Splitting wood	
Welding Rig, Small	And extra rod/wire	
Wet stones	Varying types and sizes/shapes	
Wire	For typical use plus hooking things to battery	
Wire Cutters		
Wood Chisels		Traditional Wood Worker
Work Gloves	Plenty	

Wrenches, open end combo

Wrench for shutting off gas/water

Tools

[Different Types of Wrenches](#)

Trainings

BACK TO INDEX		
Name	Comments	Link
Animals in Disasters: Awareness and Preparedness	Amer. Vet. Med. Assoc. Trainings	Training.fema.gov
Amateur Radio Licensing	Licensing, Education, Training	ARRL.org
American Red Cross Training Offerings	First Aid, CPR, AED, Wilderness First Aid, many others	RochesterRedCross.org
Notary Public	For Monroe County	MonroeCounty.gov
Volunteer Firefighter		Becoming a Volunteer Fire Fighter
CERT – Community Emergency Response Teams		CitizenCorps.gov
FEMA Online Independent Study Program		FEMA.gov
Monroe-Livingston Regional EMS Council		EMS Training
NYS Emergency Response Online Courses (Free) Extensive		NYS Emergency Response Online Training

Water

BACK TO INDEX			
Item	Comment	Link	IP Address
Water Purification with Pool Shock		http://www.wesurroundrochester.com/files/	
Garden cart, 2 wheeled	Optional but safer for your back for carrying water from a distant source.		
Barrels, Several	For collecting rain water and storing water long term on location.		
Bleach	For water treatment. Loses effectiveness 3 months after opening bottle.		
Containers, (4-6) 1- 5 Gallon Water Storage	Drinking/cooking water needs food grade storage containers.	Examples of storage containers from 5 to 55 gallons	
Containers, "Water Brick"	3.5 stackable, interlocking food grade water storage solution suggestion.	WaterBrick Multiuse Stackable Containers	
Pool Shock (granular calcium hypochlorite)	A 1lb bag will treat up to 10,000 gallons of water.	Why calcium hypochlorite is better than bleach and how to use each	
Rain barrel for water collection	Backup water supply when municipal & alternative become unavailable.	One example of a make-your-own rain collection barrel	
Silver drops / Iodine Tincture 7%	Least recommended options. Many caveats to use.		
Water filtration straws	Another B.O.B. Option. Can drink directly from standing water. Filters up to 20 gals.	Aquamira Straw Info	
Water Filtration System	Optimum for long-term water purification needs. Filters bacteria and chemicals that treatments can't.	Choose the Proper Berkey System	
Water purification tablets	One option for B.O.B. Each tablet purifies up to 32 oz..	Nitro-Pak	174.36.61.81
Coffee Filters	Filter water, drain yogurts, washing, wrapping food.		
Tips:			
Min. 2 qts of water per person per day for drinking/cooking			
Min. 2 qts of water per person per day for sanitation/laundry			
2 liter pop bottles can be filled to store water (change every 6 mo)	Wash bottle & cap, 1-2 drops of bleach in the rinse water; cap, shake & empty; fill to top and cap.		
Fill bathtub with water	For a 'sheltering-in' emergency.	Tub liner for clean water	
Can use water in the Hot Water Heater and toilet tank (not bowl)	For a 'sheltering-in' emergency.		
Can use pool water for non-food uses			
Don't carry more than 5 gallons of water at one time for your back's sake	A gallon of water weighs 8.35 pounds		