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Learn How to Be Prepared

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The ULTIMATE checklist for emergency preparedness supplies..

Posted by [Joshua](#) on Nov 5, 2011 in [Featured](#), [Getting Prepared](#) | [8 comments](#)



Survival guides, check lists, things to get at the store. It seems like everyone has a checklist for your 72 hour kit for your car, or for your food. But all these checklists are scattered all over the internet. I wanted to create a concise, master list, all in one place, combining the most pertinent information from my own lists + lists from other websites.. I am going to present this list a little different than most lists, with a multimedia experience.

Because emergencies may force us to leave our homes or to live with out modern conveniences for a long duration of time, it is no surprise that many people begin their assessment of readiness with their camping gear. What will make your emergency list different from your camping list will be decided by what kind of emergencies or events you are preparing for, and how those events will affect you in their duration. My personal perspective on emergency preparedness is more about long term sustainability than just dealing with short term events. So many of my long term preparations would really be considered homesteading and my short term skills may be considered bushcraft or emergency preparedness.

When you make your plan there are some really important things to think about..

Have you made your purchases based on price or reliability of the items? During most emergencies, it is unlikely that you will be able to replace a broken item, so you will either have to have a replacement on hand or have a backup plan, which often means some out-of-the-box thinking. Make sure you get extra filters for your water filtration system while you can, or be ready to filter your water through sand and charcoal, and then boil it. If you don't have a spare flashlight, make sure to have both candles AND the means to light them.

Remember that the choices you make will affect you, and any other survivors you are working with (your "survival community"), whether it's just family or includes friends, neighbors, and

perhaps even strangers. You are thinking outside the box right now for them by looking at this list.

This is a GREAT list! It's SUCH a super list that it includes things that some might consider to be paranoid (antibiotics, building supplies) but I want to remind you that my list is not only an urban survival list, it's also a rural survival list. Your personal list will not be identical to this one, because each situation and individual is unique.

Perhaps you have special medical needs that should be considered: diabetics will want to know how to manage diet to dramatically reduce the need for insulin, and have the resources on hand to balance your blood sugar using conventional means.

Perhaps your mobility is limited and having access to a secondary wheelchair is your way to prepare. If you are used to having a motorized scooter, where is your manually operated wheel chair? Is it someplace a rescuer or family member can get to easily if your home is damaged?

It could be that you have a new baby. Having a manual breast pump and extra bottles & a couple sizes of diapers will make all the difference in the world to you! I would also recommend putting a couple can containers of Organic Dry formula in your emergency kit.. enough for a week at least in the car it may be wise to put a few cans of pre-made formula. Even if you breastfeed, in the event that you sustain injuries or cannot reach your child, your partner or a rescuer will need to care for baby, and you could become responsible for someone else's baby who was hurt or is lost.

This list is intended as a **guideline of essentials, to ensure you have evaluated all the possibilities given the scenarios and circumstances for which you are preparing and provisioning, whether for preparedness planning or outdoor adventuring. Your life may depend upon it!**

Be clear about the time factors, persons involved, and situations that you anticipate occurring in an emergency or an outdoor experience. Knowing this information is crucial to stocking the appropriate items in the appropriate quantities. Proper provisioning is about safety, health, protection, comfort, and peace of mind – for not only yourself but also your family and friends.

Items with an asterisk * are recommended for a “ready-to-go bag” or “bug out bag.” This is an easily accessible bag you keep near by to grab when you only have a moments notice to evacuate. Items with a double asterisk ** indicates items for your bag whose quantity will depend on the length of your anticipated emergency scenario. You may require more than one quick-grab-bag depending on your specific needs.

THE SUPPLIES LIST

1. Carrier

If you anticipate having to relocate, have your transportable supplies in one or two easily accessible carriers, especially if you must leave in a hurry.



- **Backpack** – Just like when hiking you want a backpack that is going to fit you! there are all kinds of backpacks available. Think about your use. When making kids emergency kits remember to think about the weight your putting in it. Also YES you can buy a NEW backpack for your bug-out bag.. but you could equally look at what you have sitting around the house.. Do you have something that will work well? Alternatively check out your local Thrift stores. And I can personally say my best backpacks have been obtained at Yard Sales!. With kids backpacks often you could use last years model. I don't know why my child needs a new bag every year!
- ***Large duffel/canvass bag** with duel shoulder straps incase it has to be carried for some distance
- **Lightweight suitcase**
- **Wheeled device** – A suitcase that has wheels is better then nothing. but keep in mind the terrain you may need to cover. there could be rubble or other dangers that you may need to lift a wheeled device over.
- **Vehicle** : Equally it is wise to think about the fact that if you bought everything on this list and stored it in a adequate manor then its not all going to fit in a backpack or a duffel. Which brings me to your car, truck and RV.. Think carefully about what you keep in your vehicle. There are some good security options available like [SUV lock boxes](#), [truck tool boxes](#).. [even locking boxes for your trunk](#). If you are storing things in your RV then consider upgrading the locks on the RV and installing a reliable security system with a paging unit (the type that TXT message you or call you when your alarm goes off).

2. Water



An obvious necessity for everyone. Know what water sources are available to you during an emergency, or in the outdoors. I perfect example of that would be not far from my house it a major water reservoir. Known where local creeks and rivers are. Know routes to get to them. Plan accordingly and don't hold back preparing for this essential category. Think outside the box on this one too.. A rainwater collection system can be invaluable. If you have a few 55 gallon water barrels around your home collecting all year that can be a precious

resource if you have purchased a high quality filter. Even the water in the back of a toilet is a good resource with the right filters. Don't cheap out on water.. there are some things you can do to reduce the cost of water prep but think about it this way.. THIS is the primary resource your body is going to need. Remember currently with washing bathing and flushing + cooking and drinking the average family USES 97 gallons a day! In an emergency situation you are going to cut that back to at a minimum of 1 gallon per person per day.

- *Gravity/hand pump water purifier/filter/extra cartridges – I prefer high end ceramic filters for this job like the
- *Purification tablets – Chlorine Dioxide/iodine
- *Separate containers for dirty and treated water – plastic bins are good for this
- Multiple containers depending upon situation
- Specially packaged water (5+ years storage life)
- *Bottled water (2 years storage life) – can be filtered or treated if older
- Solar or stove top distillers
- Desalinators for salt water
- Reverse osmosis purifiers
- UV purifiers
- Additives – colloidal silver/bio-active silver hydrosol/stabilized oxygen
- Chlorine (5.25 % sodium hypochlorite only with no additives – 6 drops per gallon)
- For Water collection there are some really neat rain barrel ideas on the internet (see videos below)
- For water storage you are going to get the best capacity out of using large drums and tanks they allow you to store water on a smaller foot print at your homestead. When using 55 gallon drums there is some argument around buying new ones vs used ones.. If you buy used ones then you really need to KNOW what was in them before and take that into account. Personally I really like the large capacity tanks from <http://www.surewatertanks.com/> check them out!

- Storing water
- Homemade Filter
- Surewater
- Rainwater

[Preparedness And Water Storage](#) from [Blake Higginbotham](#) on [Vimeo](#).

More about Emergency Water

Water: The Essential Element

From a strictly survival point of view, water is the most important element for your body's survival. A person can lose all reserve carbohydrate and fat, and about half the body's protein without being in real danger. **A loss of only 10 percent to 22 percent body weight as water is fatal.** The amount of water lost from the body through urine, water vapor from the lungs, and through perspiration averages 2.5 liters per day. Water loss must be made up by fluids consumed, and by the water produced in the body as a result of metabolic processes.

The effects of dehydration on the body are dramatic. They range from thirst to stronger thirst, sleepiness, apathy, nausea, emotional instability, labored breathing and dizziness, delirium—and finally death. Infants, children, the elderly or physically ill persons are particularly susceptible to dehydration.

FAQ's About An Emergency Water Supply

1. “We live near a stream that runs year round. In the event of an emergency could we take drinking water from the stream?”
 - Answer: Under serious disaster conditions, no water can be presumed safe for consumption. Typhoid fever, dysentery, and infectious hepatitis are diseases associated with unsafe water. Water purification techniques may be effective in removing some, but not all contaminants from water. The only way to guarantee a safe water supply is to store it away yourself—before a disaster.
2. “How much water should I store?”
 - Answer: This is a highly personal decision, but I urge you to store at least three days worth of water for each family member—including pets. A minimum of 1 liter per person per day (for drinking purposes only) is the bare minimum for survival. For our family of 5 people and our dog, we have stored in excess of 40 liters.
3. “How long can water be stored before it should be rotated?”
 - Answer: This is one of the most difficult questions to answer. The shelf life of water depends on the original quality of the water, the temperature at which it is stored, how much light it is exposed to just to name a few. Many manufacturers of bottled water will include a shelf life on their product.
4. “Some of the water I have stored tastes flat, what should I do?”
 - Answer: Stored water may eventually develop a disagreeable appearance, taste, or odor. Inspect your water supply at least every six months (I inspect ours every three months) to see whether the containers have leaks or if any of the above problems have occurred.

Under emergency conditions, water that tastes flat can be aerated by pouring the water from one container to another to another about three or four times.

1. “How can the shelf life of water be increased?”
 - Answer: To increase the shelf life of water stored in translucent containers, group the containers together in dark plastic bags to keep out the light. Polyethylene plastics (water, milk, and bleach bottles) can be permeated by hydrocarbon vapors. Store your water supply away from gasoline, kerosene, pesticides, or similar substances.

- I have stored our water (mostly in four-liter milk jugs) in two different home locations, in case we are unable to access one stash. Approximately half is stored in the basement, while the other half is stored in our upstairs chest freezer. These frozen jugs of water help to improve the efficiency of our half empty freezer, and in the event of a power outage will help to protect the food from thawing. After an earthquake, the jugs can be used in a freezer to provide us with an icebox. (Also see the TOW episode on the [garage refrigerator](#))

Get more from <http://theepicenter.com/tow02236.html> and also from <http://www.oasisdesign.net/water/storage/>

3. Food



Store Wisely

There are so many food options out there. Looking at this category is going to be really looking at how you eat. Our family has a different diet than most we are [gluten free](#) and now we try to eat on a [Paleolithic or "Paleo" Diet](#) or at least some major parts of the diet, for us this means that we have to think of long term food storage differently and you will too.. I still do stock some MRE's and some MayDay rations because if there is really nothing left and we have had a major breakdown of the system then we will eat those things of course. But on the homesteading front we raise urban rabbits for meat and fiber and you can also raise chickens. If you have a small rural property goats are a good option for milk and cheese and meat but you will get much more protein from your goats in the way of milk and cheese if you can avoid slaughtering them. And if you have a larger property you can take it from there..



Garden Together

There is also something to be said for having a great survival garden which is really just a great food garden using heirloom or non-hybrid seeds plants when possible ([Great Article from Oregon State University about Saving your seeds!](#))

By Growing and preserving your own food you really create your own long term sustainability and then are able to live in a way that allows you to be more resilient.

Food options should be accessed carefully when you are storing depending upon the length of time of the emergency or outing, and severity of circumstances you anticipate might occur. Remember, certain foods will require more water and fuel to prepare?

- ***Bars/trail mix** – If you are gluten free make sure to get good gluten free bars!
- ****Freeze-dried/dehydrated** [Here is a great article on how Freeze Drying works!](#) You can Pick up your own dehydrators cheaply at yard sales and on craigslist. I suggest having a few! Here is a great resource for dehydrating <http://www.canningpantry.com/dehydration-of-food.html>
- **Canned** – Buying canned goods (wet pack) is a good way to store up food but you will want to use it too or rotate out your food storage. You can also can your own foods that you have grown or when foods are in season you can purchase a large amount of a item like Tomatos from a local farm and get a great deal, Save a ton of money by canning them you self. We also benefit from this because we know if the food is organic and we know the ingredients used to make for example our sauces.. Here is a great canning resource! <http://www.pickyourown.org/>
- ***Retort wet-pack pouches/trays/self-heating meals**
- ***MRE's (Meals-Ready-To-Eat)**- These really are great to keep in the car, rv and in your pack, the pack a bunch of calories are don't taste horrible. They have a 5-8 year shelf life.. but they are NOT gluten free.
- **Boxed** – Be careful how you store your boxed foods, they are susceptible to damp conditions and pests.. it does help to store them in plastic bins inside trash bags.
- **Bulk** – Bulk is a great way to save money.. My wife runs a food buying club called [Mudville Commons](#). They order from local providers of bulk goods we can trust like [azure standard](#) and [hummingbird wholesale](#). Research what is in your area and then store it properly. Using Mylar bags and Oxygen Absorbers. We will have a article about this soon.
- ***Ready-to-eat comfort and nutritional foods**
- **Garden seeds** if appropriate – longer term scenarios
- **Supplements**
- ***Concentrated energy powders/bars/tablets**
- **Condiments** – I always see pantries stored with these.. Being gluten free we do stock up a little on these but I think its wise to say that a case of BBQ sauce is not going to sustain you..
- ***Special needs foods** – Those with food intolerances/nursing mothers/children/medical conditions

- Baby foods – remember to get a [hand powered food mill](#), baby food is really just grown up food ground up.. I know I said this before but its wise to have a couple cans of [organic dry formula](#) in your pantry.. And some [ready to use formula](#) in your car...
- **Cooking/heating required?

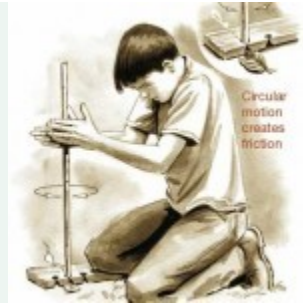
- How to store
 - Drying
 - Rotate
 - A Pantry

4. Food preparation

As far as emergency supplies goes you want to make sure that your cooking supplies can do more then one thing leave the gadgets at home. Stick to the basics. If you are storing things in your vehicle a lot can be done with a dutch oven and a cast iron frying pan. Stay away from anything that is non-stick.. Make sure you also have lightweight cookware and stoves for your backpacks as well.. Look for the highest efficacy stove you can get for your pack.

- **Stove – camping/alternative/very portable if you can have a wood stove either in your home, your backyard or at your homestead. If you live in the grass states don't forget that dry cow patties are great fuel sources. Solar ovens are great, in the day.. in a sunny place.. Consider using achohol based ovens for sheltering in place as they do not give off toxic fumes and can with caution be safely used inside.
- **Pot
- **Utensils
- Pressure cooker
- Cookware kit
- Grills
- **Fuel
- *Water/food bottle
- *Hand operated can opener/P38/opener on multi-tool
- 5 or 6 gallon plastic buckets
- Cleaning supplies
- Chlorine bleach
- *Plastic bags/containers
- Stainless steel water cans. are great for back packing they can also be used to boil water or cook foods right in them.
- Knife sharpener
- Solar oven and cookware
- Manuals grain mills/grinders/juicers/mixers
- Sprouting equipment – portable and/or stationary/sprouting jars
- Canning equipment if appropriate
- Twist-ties
- Corkscrew
- zip ties

5. Fire starter/matches/lighter



Using a hand drill

I always recommend you should ALWAYS have 3 ways to make fire + your brain.. Be prepared for any situation, remember that starting a fire in damp conditions is going to be a extra challenge. So like any day in the Pacific Northwest.. 😊

- *Flint/magnesium starters
- **Waterproof tinder/very fine steel wool
- **Windproof high quality lighters
- *Matches in a waterproof container
- ** Soak some cotton balls in kerosene or lighter fluid and stuff them into a waterproof match container this will give you a great firestarter that burns for a while.
- ** [char-cloth](#) there is a great resource here on [youtube about making a charcloth](#)

- Bow Drill
- Great Conditions
- Winter Fire
- When its wet

6. Medical



Make a good medical kit

I cannot stress enough the value of education when it comes to first aid. In an emergency your are going to have to count on what you KNOW and its much better to get that training from a class with ac competent and certified instructor then it is from last weeks rerun of ER. Click here to go to the [Red Cross and register for a class.](#)

High quality medical supplies are a worth while investment. When your health and survival during a medical emergency is at stake, you don't want to rely on cheap or inadequate medical supplies. It is really hard to make this category sounds comprehensive with out sounding like the back of an ambulance remember that you don't want to forget medications or products needed for those with special medical conditions.

- *Quality kit with adequate components for a multitude of emergencies Start with a comprehensive first aid kit.. [Adventure Medical Kits make a really nice one you can expand on.](#) The contents of which are listed at bottom of the category.
- *Accessories – [dental emergencies/suture kit/snake bite kit / medical tools](#) + tweezers & scissors
- [Quick Clot](#) - used to Stop Bleeding quickly.
- Syrup of Ipecac (to induce vomiting if poisoned) get from your pharmacy.
- Iodine
- Extra Z Gauze
- Abdominal Pad
- lighter
- Chapstick
- Super Glue – though not suggested super glue can be used to seal a wound. Until treatment can be reached.
- *Essential prescription medications/allergy medications
- *First Aid manual I like [The Pocket First-Aid Field Guide: Treatment and Prevention of Outdoor Emergencies \(Skyhorse Pocket Guides\)](#)
- *[Insect repellent](#)
- *Sunscreen
- *Eyeglasses/contacts – If you are looking for a few extra pair for cheap I use <http://www.zennioptical.com/> I HIGHLY recommend them! All you need is your prescription and you can order new glasses for as low as \$6.95
- *Copies of prescriptions (scan them and add them to your digital vault as we discuss below.)
- *Moleskin
- *Aspirin/Tylenol/ibuprofen/other over the counter drugs for minor issues
- Homeopathic remedies
- Herbal kits
- Feminine Needs Pads, Tampons
- N95 Face-masks
- Eye Protection
- [Cephalexin](#)
- [Doxycycline](#)

- Saline wash or sterial water
- Whiskey

Start with a good first aid kit

Bandage Materials

20 Bandage, Adhesive, Fabric, 1" x 3"
 10 Bandage, Adhesive, Fabric, Knuckle
 2 Bandage, Conforming Gauze, 3"
 8 Dressing, Gauze, Sterile, 2" x 2", Pkg./2
 8 Dressing, Gauze, Sterile, 4" x 4", Pkg./2
 4 Dressing, Non-Adherent, Sterile, 3" x 4"
 2 Eye Pad, Sterile

Bleeding

3 Gloves, Nitrile (Pair), Hand Wipe (Intl)
 1 Trauma Pad, 5" x 9"
 1 Trauma Pad, 8" x 10"

Blister / Burn

1 Aloe Vera Gel with Lidocaine, 1 oz
 2 GlacierGel (Large Oval)
 1 Molefoam, 5" x 6"
 22 Moleskin, Pre-Cut & Shaped (11 pieces)

CPR

1 CPR Face Shield, Laerdal

Dental

1 Temporary Cavity Filling Mixture

Duct Tape

1 Duct Tape, 2" x 5 Yards

Fracture / Sprain

1 Bandage, Elastic with Velcro, 2"
 1 Bandage, Elastic with Velcro, 3"
 2 Bandage, Triangular
 1 SAM® Splint, 4" x 36"

Instrument

1 EMT Shears, 4"
 1 Pencil
 3 Safety Pins
 1 Splinter Picker/Tick Remover Forceps
 1 Thermometer, Digital

Medical Information

1 Comp. Guide to Wilderness & Travel Medicine
 1 Patient Assessment Form

Medication

20 Acetaminophen (500 mg), Pkg./2
 4 After Bite Wipe

1 Antacid, Pkg./12
 10 Antihistamine (Diphenhydramine 25 mg)
 5 Aspirin (325 mg), Pkg./2
 14 Cold Medicine, Medicidin-D, Pkg./2
 6 Cortisone Cream 1%, 1/32 oz (.9 g)
 8 Diamode (Loperamide HCl 2 mg), Pkg./1
 1 Glucose Paste (Glucose 15 g)
 20 Ibuprofen (200 mg), Pkg./2
 1 Nasal Decongestant Spray, 1/2 fl oz
 6 Oral Rehydration Salts

Other

3 Plastic Vial, Flip-top, Large
 4 Plastic Vial, Flip-top, Small
 1 Water Disinfection Tablets (Bottle/50)

Survival Tools

1 Emergency Reflective Blanket, 60" x 96"
 1 Matches, Waterproof

Suture / Syringe

1 Scalpel, Sterile, Disposable, #11 Blade

Wound Care

10 After Cuts & Scrapes Antiseptic Wipe
 2 Cotton Tip Applicator, Pkg./2
 3 Povidone Iodine, 3/4 oz
 1 Scrub Brush, Sterile
 1 Syringe, Irrigation, 20 cc, 18 Gauge Tip
 2 Tape, 1" x 10 Yards
 3 Tincture of Benzoin Topical Adhesive
 10 Triple Antibiotic Ointment, Single Use
 2 Wound Closure Strips, 1/4" x 4", Pkg./10

7. Personal Hygiene/sanitary supplies

Lets face it whenever the gird does down we have to think about where were going to poo.. Okay I said it.. snicker again and lets get back to business.

Anyway so in the business of poo the most modern convenience we seem to love it toilet paper.. I suggest you stockpile a LOT of it.. because if something happens that's going to be the first thing to go..

When you run out here is how to make your own..

Making Handmade Paper in 10 steps

How to Make Toilet Tissue Paper

By Katherine Bryant, eHow Contributor

[This area contains 20 horizontal grey bars, likely representing redacted content or a placeholder for an image.]

Making your own toilet paper is an interesting and fun way to recycle.

Making your own toilet paper may seem like an unusual or complicated idea. In reality, making toilet paper is simple, and it's a great way to recycle any old paper you have in your house. By making your own, you also get to exercise complete control over your toilet paper and experiment with different types.

Difficulty:

Moderately Easy

Instructions

Things You'll Need

- Clean paper to recycle
- Blender

- Warm water
- Window screen
- Tub large enough to submerge screen
- Sponge
- Cotton, felt, or flannel fabric

1. Make Paper Pulp

- 1 Rip the paper into small pieces and fill a blender about halfway with the scraps. Add warm water until the blender is full, then process the paper and water mixture on low speed until a pulp starts to form. Increase the speed and blend until the pulp is smooth, with as few intact pieces of paper as possible
- 2 Fill a large tub about halfway with water, then add the first batch of pulp to the tub.
- 3 Repeat this process, making a batch of pulp and adding it to the tub of water two or three more times. The more pulp you add to the tub, the thicker your finished toilet paper will be.

Make Sheets of Paper

- 1 Submerge the window screen in the tub. While it is underwater, make sure the pulp lays evenly on the surface of the screen.
- 2 Carefully lift the mold out of the water and allow excess water to drip back into the tub. Some pulp will remain in the tub.
- 3 Verify the thickness of the pulp on the screen. If it is too thick, scoop some out (without putting it back into the tub) and re-submerge the screen. If the pulp is too thin, add more to the tub and re-submerge the screen.

Dry the Sheets

- 1 Place the screen, paper side down, on a square of fabric. Gently press the wet paper with a sponge to absorb as much water as possible.
 - 2 Carefully peel the sheet of paper from the screen and lay it on the fabric.
 - 3 Continue alternating squares of fabric and sheets of paper until no more pulp is left in the tub. Apply gentle pressure to the stack of paper and fabric.
 - 4 Carefully remove the sheets of paper and allow to dry on a clothesline or laid flat.
-
-
-
-
-

Tips & Warnings

- Almost any kind of paper can be recycled to make toilet paper, but pay attention to the thickness. Using cardboard will result in thicker toilet paper than using tissue or newspaper.
- If the paper does not easily peel off of the screen, you may have pulled too quickly or there may be too much moisture. Try sponging more water from the sheet before attempting to peel it off again.
- You can add a few tablespoons of lotion for softness or perfume for scent.

Blank lined area for notes.

Remember to wash your hands.. Okay you might if you have the space on your homestead think about [building a outhouse..](#)



Survival Toilet

If you are in a urban situation remember that you can flush toilets with about 4 gallons of water from a bucket.. use grey water and conserve don't flush each time and never flush for number 1 only number 2. There are also commercial potty solutions available Take precautions to ensure a disease free environment. The longer you are in a survival scenario the more critical hygiene becomes.

- *Personal hygiene items – soap/toothbrush/toothpaste/shampoo
- *Feminine hygiene
- *Treated towelettes/waterless wipes
- *Sanitary toilet provisions – portable toilet/powered chlorinates or lime/disposable urinals – solid waste bags

- *Plastic bags
- Latex gloves
- *Toilet Paper
- Towels
- Solar shower
- *Anti-bacterial sanitizer
- Soap

8. Clothing



Use Spacebags!

You will want to have clean clothes when you can.. A good part of being prepared is keeping up on your laundry but also you want to have a stash of clothes set aside. I have 3 kids I prepared a tote for each with the NEXT seasons clothes in it.. always a little bigger then they need since you can layer if its cold.. Use [SpaceBags \(TM\)](#) they make all the world of difference when you are trying to store 5 peoples clothing. For warmth, comfort, and protection from insects and the elements.

- *Proper and adequate clothing for the appropriate season and location
- *Appropriate shoes/boots/snow shoes
- *Rain gear
- *Cold weather gear – layered clothing
- *Hat/gloves/bandana
- Extra stuff sacks
- Insect head net
- Belt – regular/military type with small pouches

9. Shelter/Warmth



You know as well as I do we could go on for days! about shelter so lets skip to the list and I will comment on it 😊 We want shelter protection from insects and the elements and even angry humans!

- *Tarps the number of things you can do with a tarp is amazing as long as you have good cordage.
- Plastic sheeting/large plastic trash bags
- *Tent – *tube/*lightweight/regular
- [Nylon patch repair kit/seam sealer](#)
- *Sleeping bag – *emergency/*lightweight/*bivy bag (small individual size tent/bag)/compact lightweight/regular down bag
- Hand/body warmers
- Sleeping pad
- [Hammock](#)
- *Emergency/regular blankets
- Insect netting
- Extra stakes/rope/bungee cords
- Paracord – Paracord, 550 cord works great for all kinds of applications. [Learn more here..](#)

10. Communication



Communication is a broad topic and I am going to have a separate post soon about it. Various Radio frequencies etc. Avoid a sense of isolation during serious emergencies. I cannot stress enough how important it is to have the ability to communicate

- *Radios – [hand cranked/solar/batteries](#)
- [Two-way radios](#)

- [Short wave/CB \(citizens band\)/GMRS \(general mobile radio service\)/FRS \(family radio service\) radios](#)
- [Ham radio](#) for radio amateurs – need license
- Radios with NOAA (government agency) weather channels (7) and weather alerts if necessary in your area
- *Cell phones/smart phones
- [Satellite phones](#)
- *Whistle
- Signaling devices/flares/mirror [aerial flares](#)
- *Notebook/pen/markers
- [PLB \(personal locator beacon\)](#)
- Small TV – battery/solar operated
- Telephone not requiring external power
- Morse code chart ([print 4 free](#))

11. Lighting

This is an essential category to address when anticipating any situation where you may be in darkness. Not only for a sense of security and comfort, but to be able to see clearly and act accordingly if emergencies happen in the dark.

- *Flashlight – hand cranked/solar/batteries/LED and regular bulbs
- *Lantern (*small or large size) – hand cranked/solar/batteries/propane/mantel/candle/LED and regular bulbs
- Strobe light – as a signaling device
- Head lamp
- *Extra batteries/power source
- *Candles
- Extra mantels/extra propane
- Light sticks

12. Tools/Instruments

Look the reality it at any time you could need tools.. I am going to try and keep this to a Grid down situation. you know what you should have around the house.. Aside from that there are all kinds of unforeseen situations that could occur during an emergency. Be Prepared for the worst be having the right tool int he right place when you need it.



- *Knife/knives – Knives Yes we would spend a day and a half talking about this.. I suggest your look at the following brands. [The Pathfinder School Store](#) – [Gerber](#) – [Columbia River Knives](#) – You can buy your knife from [Bud-K](#) but remember you get what you pay for.
- *Multi-tool – Im going to stick with [Leatherman](#) on this one.
- Repair tools – hammer/screwdrivers/pliers/wire cutters/nails/screws/crowbar/superglue/epoxy/spikes/pulley
- *Axe (*small or large)/saw (*hand controlled chain or special outdoor)/hacksaw Again [The Pathfinder School Store](#) - [Gerber](#)
- *Rope/wire/bungee cords/straps -
- Chain
- Padlocks
- *Work gloves – You want to have a few different gloves for different jobs!
- Shovel – A collapsible shovel like the one from [Gerber](#)
- Garden tools if appropriate
- Fishing/hunting/trapping gear/Ronco Pocket Fisherman/snare wire
- *Duct tape/Hurricane tape/nylon repair tape
- *Plastic bags/trash bags/plastic sheeting
- *Aluminum foil
- *Sewing and repair supplies
- Velcro – [Buy your Velcro online in bulk and save a LOT of money!](#)
- Safety goggles – Don't cheap out on safety goggles and if you need Rx eye protection go to [Zenni Optical](#)
- Weather condition instruments
- Watch – regular/multi-featured
- Binoculars
- Stuff bags for organizing
- Scissors
- Small broom/rake



Files

-
- Clothes pins
- Safety Pins
- Dust/gas masks
- *Siphoning tube/hose – [You can also buy a nice hose..](#) it seems a little silly until you taste gas..
- *Auto/bicycle/boat emergency items (keep in vehicle)
- Can of red and black spray paint to indicate emergency information
- [Shut-off tool for gas/water supply](#)

13. Technology

It seems like this would be the last thing I would suggest. But there are a few things that I HIGHLY recommend and they both related to item 14. Technology if possible should not be completely left in the dust. Electronic Storage and multimedia devices can educate, stimulate and entertain.

kindle touch

Simple-to-use
touchscreen with
built-in Wi-Fi



- [The Amazon Kindle](#) – I know I can hear it now. *seriously*.. yes seriously think about it for a minute all the knowledge we use every day.. Even this list you are reading now.. There are thousands of books online in PDF's some handed down some new.. Even the entire mother earth collection is available. Why would you not want to have this resource available to you.. The thing is tiny! easy to read and one charge can last for two months.. Which makes it the ideal candidate for solar charging. I am not saying that you should not have books.. I am saying you can have a LOT of books very easily. A searchable library.. Even if the internet goes down..
- USB Digital Safe from Corsair: recently I published a post about [Getting Digitally Prepared](#) in it I highlighted the power and features of the Corsair Padlock USB drive.. Use it to keep a copy of your family photos, your vital documents, your medical records.
- GPS device – lets face it.. If the gps satellite networks work! Take advantage get a solid device that can take a little punishment. Garmin makes some nice rugged models.

14. An Emergency Library How to guides – instructions – maps – a back up of personal documents

Information.. its everywhere... You should if you have space has a small library on hand.. I personally have a deep affinity for the [FoxFire series](#) as far as old wisdom goes.. For leisure reading Everyone loves the [Little house series](#) having a diverse library of knowledge. Other things to keep in your library are How-to books, Maps etc.. see the list below.. I do think you should have some of your books in ebook form.. See Item 13 You can also order [Mother Earth News 1970-Now](#) for not much when you consider what your getting.. And read that on your computer!

there is a whole other side to your documents and I talk about storing your vital documents and photos in my article "[Getting Digitally Prepared](#)" It highly recommend you read it..



Use a fireproof waterproof safe

As part of getting prepared you want to make sure you have a written plan too.. you can get a good starting point from Ready.Gov

- Books/Bible/Novels
- *Medical information
- *Emergency/survival information
- *Maps
- *Pen/permanent marker/paper
- *[Compass](#) – have a company is good but you can really benefit from having a high quality compass
- [Altimeter](#)
- Edible wild foods publications/field guides
- *Essential personal documents – photo ID/will/insurance/stocks/bonds/birth certificates/DD214/bank account & credit card numbers/family records/personal property inventory for insurance/deeds/pink slips/passports/ Social Security cards/check books/credit and debit cards/irreplaceable photographs and certificates – IN WATERPROOF CONTAINER and then to double up on your security SCAN all of these items and store them in a digital safe.. [see my article on getting digitally prepared.](#)
- *Phone numbers and addresses of friends, relatives, and emergency organizations/agencies [see my article on getting digitally prepared.](#)
- *Spare keys -
- *Instructions on meeting and/or communicating with family and/or friends during or after an emergency
- Dual language dictionary if appropriate
- Back-up computer discs/flash drives [see my article on getting digitally prepared.](#)
- Laptop/iPad/tablets/PDA's [see my article on getting digitally prepared.](#)
- Entertainment – music/instruments/cards/games

Click here for Free Survival E-books you can read right now

- [Basic Self Defense Techniques](#)
- [Pandemic Flu Preparedness For Schools & Elsewhere](#)
- [Family Emergency Plan](#)
- [Ready Business Brochure](#)
- [Ready Brochure](#)

- [Grab & Go Bag](#)
- [SM-01 Basic First Aid](#)
- [SM-02 Red Cross First Aid](#)
- [SM-03 Printable Emergency Contact Card](#)
- [SM-04 Emergency Management Guide For Biz & Industry](#)
- [SM-05 Emergency Preparedness Guide From Fire Department](#)
- [SM-06 Emergency Guide For Disabled Employees](#)
- [SM-07 Emergency Response To Terrorism](#)
- [SM-08 Emergency Response Guidebook](#)
- [SM-09 Are You Ready \(200 Page Book\)](#)
- [SM-10 FEMA Home Fallout Shelter](#)
- [SM-11 FEMA Fallout Shelter Above Ground](#)
- [SM-12 FEMA Fallout Shelter Modified Ceiling](#)
- [SM-13 FEMA Fallout Shelter Concrete Basement](#)
- [SM-14 FEMA Fallout Shelter Tilt Up Storage Unit](#)
- [SM-15 FEMA Fallout Shelter Lean To Shelter](#)
- [SM-16 How To Build A Bomb Shelter](#)
- [SM-17 Personal Protection & Attack Action](#)
- [SM-18 Shortwave Radio Networking When Phones Fail](#)
- [SM-28 Terrorism: Preparing For The Unexpected](#)
- [SM-19 Army Corp Radiation Protection Manuel](#)
- [SM-27 Carbon Monoxide Poisoning Prevention](#)
- [SM-21 Home Chemical Emergencies Guide](#)
- [SM-22 Canada 11 Steps To Survival](#)
- [SM-23 Dept of Ed. Crises Planning](#)
- [SM-24 Domestic Nuclear Shelters](#)
- [SM-20 Medical NBC Battlebook](#)
- [SM-25 Potasium Iodide FAQ](#)
- [SM-26 Bio Warfare Strategic](#)

Gardening, Wild Foraging, and Self Sufficiency[Joy of Gardening](#)

[Indoor Gardening Secrets](#)

[Culpeper's The Complete Herbal](#)

[Edible And Medicinal Plants – Herbal Medicine](#)

[How to Make Herbal Preparations](#)

[Edible Rooftop Gardening](#)

[Culinary Herbs: Their Cultivation Harvesting Curing and Uses](#)

[Saving Your Own Vegetable Seeds](#)

[Organic Gardener's Composting](#)

[Growing & Curing Tobacco](#)

[Organic Tobacco Production](#)

[Growing Potatoes](#)

[Home Composting Bins](#)

[Barrel-Ponics](#)

[An Integrated Fish Culture Hydroponic Vegetable Production System](#)

Food Preservation, Cooking, Canning, Curing, Ect.

[Preserving Food: Drying Fruits And Vegetables](#)

[Complete Guide To Home Canning](#)

[Canning Meat, Wild Game, Poultry, & Fish Safely](#)

[Preparing And Canning Fermented Food And Pickled Vegetables](#)

[Every Step in Canning](#)

[Small-Scale Food Drying Technologies](#)

[Field Care Of Harvested Big Game](#)

[Building A Bread Oven](#)

[Solar Cookers](#)

[Earth-Friendly Cooking Technologies](#)

[Solar Distillation & Water Purification](#)

[Rain Water Harvesting](#)

[How To Make An Upesi Stove](#)

[Wood Conserving Cook Stoves – A Design Guide](#)

[How To Make Liquor With Fruit And Berries](#)

[Cheese Making](#)

Heating, Energy, and Fuel

[Solar Water Heaters In Nepal](#)

[Water as Fuel](#)

[Run Car on Water](#)

[Wind Energy Systems](#)

[Wood Burning Handbook](#)

[Oil Drum Stove For Cooking And Water Heating](#)

[Water Power For The Farm](#)

[Pumping Water For Irrigation Using Solar Energy](#)

[Generator Power For The Homestead](#)

[How To Make Biodiesel Fuel](#)

[Build Your Own Biogas Generator](#)

[Using A Biogas Digester](#)

Livestock

[Small-Scale Chicken Production](#)

[The Homesteader's Handbook To Raising Small Livestock](#)

[A Poultry Mini-Manual](#)

[Small-Scale Freshwater Fish Farming](#)

[Poultry a Practical Guide](#)

Medicine

[Holistic & Alternative Medicine 101](#)

[Herbal/Medical Contraindications](#)

[Herb Formulas for Clinic and Home](#)

[First Aid Full Manual FM21-11](#)

[Wilderness Medicine Course](#)

[Healing Pets With Alternative Medicine](#)

[Herbal PDR](#)

[One Mineral Can Help – Potassium Iodide](#)

[Ditch Medicine – Advanced Field Procedures For Emergencies](#)

Survival Manuals and Info

[Compact Survival Kits](#)

[SAS Survival Guide](#)

[Wilderness Survival \(FM 21-76\)](#)

[Nuclear War Survival Skills](#)

[USMC Winter Survival Course](#)

[USMC Summer Survival Course](#)

[Survival Attitude](#)

[Nuclear Contamination Avoidance](#)

[Kearny Homemade Fallout Meter](#)

[Personal Wilderness Medical Kit](#)

Building Related, Survival Shelters, ect.

[Seven Survival Shelters That Could Save Your Life](#)

[Building With Stone And Earth – Part 1](#)

[Building With Stone And Earth – Part 2](#)

[Barn Plans And Out Buildings](#)

[How to Build Your Own Underground Home](#)

[Underground Homes](#)

Communication

[The Complete Manual Of Pirate Radio](#)

[Crystal Radio Project](#)

[Field Antenna Handbook](#)

[Shortwave Radio](#)

[A Handbook On Shortwave Radio And LEO Satellite Communication](#)

[Shortwave 101 – How To Listen To World Radio](#)

[Shortwave Radio Networking When Phones Fail](#)

Foxfire Books and Other Useful Info

[Foxfire One](#)

[Foxfire Two](#)

[Foxfire Three](#)

[Foxfire Five](#)

[Water Well Manual](#)

[Windmill Construction Manual](#)

[Sharpening Small Tools](#)

[Farm Shop And Equipment](#)

[Tools For Agriculture – A Guide To Appropriate Equipment](#)

[Soapmaking – How To Make Soap](#)

[Village Technology Handbook](#)

[Advanced Gunsmithing](#)

[The Formula Manual](#)

[Land Clearing](#)

[Axe Manual of Peter McLaren](#)

[Crosscut Saw Manual](#)

[Basic Plumbing Skills](#)

[Basic Plumbing Course](#)

[Guide To Gun Care](#)

[Pistol Preventative Maintenance Guide](#)

[Emergency Sanitation At Home](#)

[Spinning With Simple Tools](#)

[Introduction To Spinning](#)

[Natural Dyeing Of Textiles](#)

[Handloom Construction](#)

[Blacksmithing Basics](#)

[Practical Blacksmithing](#)

[Farm Blacksmithing](#)

[Alternatives To Portland Cement](#)

[Candlemaking – How To Make Candle](#)

[Candle Making](#)

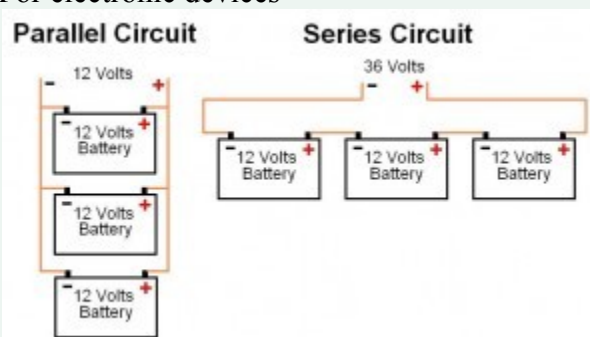
15. Power – Energy



How do you use power?

Creating a reliable power supply can be crucial in an emergency or even just around the homestead. Many valuable communication, radio, entertainment and lighting devices require power as do kitchen gadgets and technology we have come to rely on. Currently there are a number of dependable portable solar (large and small), storage, and hand operated units available to power your electronic devices. Research power in depth before investing perhaps take some basic electronics classes at your local community college. When working with your own electrical systems you will want to have a strong understanding of both AC and DC systems. I also should remind you that this blog is for educational purposes only. I am not suggesting you do anything listed here.. Get the proper Training..

- *For power – a small portable solar charger for electronics and rechargeable batteries
- For lighting
- For radios
- For electronic devices



- For communication
- *Hand cranked radios and lanterns with USB power cords
- [Solar/storage/hand cranked power devices – Fuel free portable power An array of 75watt panels can make a fine solar generator.](#)
- Generator – Gas/propane – Generators are great but they are dependent on fuel.
- Appropriate linking cables
- Deep cycle battery(s) can be wired in series or in parallel for different uses. [Check this great basic article out!](#)
- [Inverter](#) use a high power (constant not peak) inverter and make sure to have a extra on the homestead just in-case remember the kind of inverter you are going to use for your solar array and home power is not the same that you would use in your RV.. same principal, different size.

16. Cash, Money, Barter, Trade...



People have bartered for thousands of years!

I love to end on a controversial subject.. so I let Money and Guns be at the end of this list.. lets just imagine for a moment that we face a world wide financial collapse money as we have known it becomes useless... Cash or barter may be the only means of paying for goods or services. Now I say cash because I want you to keep cash on hand.. for short term emergencies like natural disaster or the like. But in a real long term scenario of economic collapse cash is going to be worthless. The following ideas are ideas only. I am not telling you to break any current laws! I am simply suggesting items of potential value for the purposes of barter.

- *Cash in smaller denomination bills
- Gold/silver coins
- Also Gold and silver jewelry in truly hard times you can melt that down..
- Smaller items for barter
- Non-Hybrid seeds: from all kinds of foods.. learn how to process your own seeds now..
- Tobacco, in the form of raw tobacco, processed cigarettes or pipe tobacco and tobacco seeds.. if you live in a area that the climate allows to the growth of tobacco I recommend you have a few plants in the garden and your practice drying the leaves and storing it. Grow it organically as you would need to in a survival situation.
- Marijuana: Oh yes I went there! I cannot think of something that might have a greater potential for value in a economic collapse not only does it have some medicinal purposes lets face it.. if money could grow on bushes.. this would be it.. and if we have a real economic collapse current laws will no longer apply.. So I don't think that you should be growing in your backyard. (unless you legally can). but if there was a seed I could get my hands on this would be it..
- Livestock: chickens, goats, rabbits anything that breeds and makes food.. all worth considering as barter goods.
- Fishing and Hunting Gear – Learn how to make your own hooks.. you can sell the extras.
[Click here to learn how to make more fishing tackle.](#)

List of Barter Goods

Health:

- Alcohol (isopropyl/rubbing)
- Band-aids (all sizes)
- Disposable gloves
- Super glue (clear bandage)
- OTC medicines
- Hydrogen peroxide
- First aid kits

Farming:

- Goats
- Chickens
- Garden tools
- Horses
- Cattle
- Rabbits
- Pigs

Beauty:

Clothing:

- Combs
- Toothbrush
- Toothpaste
- Feminine products
- Nail clippers
- Scissors
- Tweezers
- Razors
- Soap
- Lotion
- Lip balm

- Cloth diapers
- Baby clothes
- Flip-flops
- Needles (cloth/leather/canvas)
- Yarn and thread
- Knitting needles/crochet hooks
- Shoes and laces
- Socks and underwear
- Winter coats and rain gear
- Boots
- Gloves (work/garden/winter)

Food Barter Goods:

- Candy
- Canned and Dried Food
- Canning jars, lids, wax
- Coffee filters (for water filters)
- Coffee or tea
- Cooking Oil
- Drink flavors
- Eating & Cooking utensils
- Salt, spices
- Sugar
- Vegetable seeds (heirloom)

Books/Learning:

- Novels (entertainment)
- Food prep and storage
- Gardening
- Building
- Candle-making
- Soap making
- Edible and medicinal wild plants
- First aid
- Basket-weaving
- Leather making
- Homeschooling books/lessons

Hunting/Food Gathering:

- Guns
- Ammunition (esp. 22lr and 12g)

Miscellaneous:

- Magnifying glasses
- Mirrors
- Nails and screws

- | | |
|--|--|
| <ul style="list-style-type: none"> • Bows and arrows • Bug repellent • Animal traps • Fishing line, hooks • Hunting Knives • Snare wire • Fillet Knives • Hatchets/axes • Canteens • Binoculars/scopes | <ul style="list-style-type: none"> • Non-electric hand-tools • Pencils and sharpeners • Paper • Playing cards or dice for games • Pocket-sized New Testaments • Liquor • Simple water filters • Toilet paper • Eye glass repair kits • Gold and silver |
|--|--|

Household Items:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Aluminum foil • Batteries (rechargeable) • Solar battery chargers • Bleach • Candles • Rope, string, cordage • Duct tape • Glue (all kinds) • Rubberbands • Safety Pins • Scissors | <ul style="list-style-type: none"> • Silicon spray • Soap • Storage buckets w/lids • Tarps/plastic sheeting • Utility knives • Windup radio • Windup (cranking) flashlights • Small metal pots or bowls • Matches • Flint & steel • Zip lock baggies • Clothes pins (single-piece |
|--|---|

This is a great list of barter goods from [Survival Homestead](#)

17. Personal Security

Security its such a HUGE topic.. and it is often covered so well in so many others places I am not going to go crazy here. But I do not want you to forget the value of security.

Lets face it we can imagine what it is like to be thrust into a post apocalyptic scenario but none of us would really know what it is like.. I suppose to most of us Americans a trip to Somalia would be close..

How you protect yourself and you family and your families resources is your own choice. I suppose in a real life situation is going to be different than we imagine but we should plan as if we have thought it out. [In the wild you face threats from animals](#) in the urban environment and even in populated rural areas other people are the primary threat its up to you to decide how far your willing to take it.



Booby Traps

[Fortifying your homestead](#).. fences are a good place to start along with a strong perimeter and concealing sensitive areas. If you have a off grid power system already consider video surveillance this can be done with hidden cameras and even with motion activated game cameras. We will have a article in coming months about fortifying your home.

- Guns – If you have firearms make sure all those who might use them are trained properly we will go into our views on firearms soon. But not here.
- Tazer
- Mace
- Pepper Spray
- Bear repellent
- Bow and Arrow
- Crossbow
- **Sling Shot
- Fire extinguisher Don't forget fire safety.

18. Special Needs



"Be aware of where a wheel chair is located"

Living with special needs can be extra difficult in an emergency. I wanted to make sure to include this category because of how vital it is to think outside the box FOR OTHERS who may be extra vulnerable during an emergency.

Knowing how to recognize a individual in your circle with special needs will help with your planning. Special needs may include

- *Personal items specifically required by special needs individuals see some examples below if your parent has special needs they may not want to talk about you may what to check their shopping list and just buy some extras of their personal items that they prefer.
- *Medical items and prescriptions – consider having an adequate supply on hand in the event of a unforeseen and prolonged emergency for items that require refrigeration seek out emergency coolers that can run off 12 volt or solar supplies.
Ask physicians once a year for a extra prescriptions or free sample packs of a prescribed medication for your emergency kit.. If you don't ask.. you wont get them.
- *Special foods or other items for children/elderly/disabled/
- Visit <http://www.ready.gov/america/getakit/disabled.html>

Examples of persons with special needs

Disability and Other Access and Functional Needs	Additional Steps
Visually impaired	May be extremely reluctant to leave familiar surroundings when the request for evacuation comes from a stranger. A guide dog could become confused or disoriented in a disaster. People who are blind or partially sighted may have to depend on others to lead them, as well as their dog, to safety during a disaster.
Hearing impaired	May need to make special arrangements to receive warnings.
Mobility impaired	May need special assistance to get to a shelter.
Single working parent	May need help to plan for disasters and emergencies.
Non-English speaking persons	May need assistance planning for and responding to emergencies. Community and cultural groups may be able to help keep people informed.
People without vehicles	May need to make arrangements for transportation.
People with special dietary needs	Should take special precautions to have an adequate emergency food supply.
People with medical conditions	Should know the location and availability of more than

	one facility if dependent on a dialysis machine or other life-sustaining equipment or treatment.
People with intellectual disabilities	May need help responding to emergencies and getting to a shelter.
People with dementia	Should be registered in the Alzheimer's Association Safe Return Program

19. Children & Babies



Emergencies can be especially traumatizing for children. Thrust into a scary environment, potentially losing parents or siblings none of us can really understand the emotional trauma that a child may endure during an emergency.

I am a father of 3 and the best advice I can give you is to know your own children, teach them what to do in an emergency and to read as much as you can about how to cope with emergencies with children.

As far as the supplies go..

- make sure to have plenty of things for the kids to occupy their time. Coloring books toys etc.
- if they are old enough let them help with chores and other tasks that make your community function. They deserve to have active roles in our preparedness plans.
- Store lots of clothes for them, plastic bins and space bags work well.
- For babies and toddlers make sure to have plenty of diapers in your kits.
- For those who are breast feeding make sure to have a manual breast pump and extra bottles.
- If you have a baby make sure to put a extra sling or carrier in your kit. something you are familiar with (this is not the time to be learning a Maya Wrap..
- Make sure to have extra cans of [organic dry formula](#) in your pantry.. And some [ready to use formula](#) in your car...

Learn more [Children in disasters from Psychology today 2008](#)

Learn more [Children in disasters :Red Cross](#)

If you are expecting you might want to consider adding an Emergency Obstetrical Kit to your emergency supplies It may contain the following

1 – Underpad 23" X 36"

1 – Receiving Blanket

1 – Sterile Obstetrical Pad

1 – Sterile Bulb Aspirator, 2 oz.
2 – Sterile Umbilical Cord Clamps
1 – Pair Sterile Exam Gloves – Large, Latex Free
2 – OB Antiseptic Towelettes
1 – Sterile Disposable Scalpel #22
2 – 4" x 4" Sponges Sterile 2's
2 – Twist Ties
1 – Placenta Bag
3 – 3 Ply Towels
1 – Disposable Plastic Apron
2 – Nylon Tie Offs
1 – Red Biohazard Bag 24" x 24"
2 – Alcohol Prep Pads
1 – Disposable Scalpel, Sterile or
1 – Umbilical Cord Scissors 4"
1 – OB Pad, Sterile
1 – Bunting Blanket
1 – Thermal Baby Cap
1 – Receiving Blanket
2 – 4" x 4" Gauze Sponges, Sterile 2's
1 package – Infant Diaper(s)

Worth a read : [How to have and emergency home birth.](#)

For a great post about home birth click here. [Childbirth at home](#)

20. Pets



[Americans now spend 41 billion on their pets every year](#) clearly these are family members we love dearly we should also be thinking about pets in an emergency

- Make sure to have plenty of food stored for fido and of course if you have other pets them too..
- If you have exotic pets try and get heaters that work on battery power for emergencies. the same goes for air pumps for aquariums.
- Have extra leashes and collars
- Put a extra long wire lead in your kit so that your dog can have some room to stretch out if he has to be left outside.

For more visit <http://www.ready.gov/america/getakit/pets.html>

21. Transportation support

we take a look at how we move when we think about all these supplies you have just read about and often we forget to think about stocking up to keep our transportation working properly. often times we also forget to plan alternative travel. and example of that would be if a mass evacuation were happening and the roads became quickly clogged you would need to switch to a different form of transportation. Do you have bikes and bike trailers it would be much easier to get your bikes past a traffic jam, the same applies to ATV or OTV vehicles.. Anything that is smaller than cars and not physically restricted to pavement may be a better alternative. Evaluate these options, determine which ones you will utilize, determine what you will need to ensure safety, comfort, repair potential, and adequacy to handle the transportation of your provisions.

- Motor Vehicle – car/truck/van/RV/motorcycle/extra gas/repair and emergency equipment also consider ATV's
- Boat – motorized/sail/canoe/kayak/paddle/inflatable/folding
- Scooter
- Bicycle – regular/folding
- Horse
- By foot

Emergency Preparedness Items for Automobiles – Trucks – Vans – RV's

When you are in your vehicle you are often far from your starting point and far from your destination. How you choose and pack your supplies is going to make all the difference. In your survival be it a natural disaster, or running out of gas 75 miles from a gas station.

- Spare tire
- Jack with tire iron and supporting tools if you have larger than stock tires make sure to have the proper jack for the height of your vehicle.
- Tire inflation device – portable power and/or aerosol can inflated fix a flat is great but also notable is a 12v compressor these usually work well enough to get anything except a gaping hole filled up.
- JB Weld/super adhesive, gorilla glue, duct tape LONG zip ties.
- Jumper cables (do not buy cheap jumper cables)
- Portable power unit for jump starting These sometimes have a few other tools on them as well
- Tow cable/rope
- Chains/cables/bungee cords for tightening check your chains every year for rust and damage.
- Crowbar
- Reflectors/flares – I cannot stress the importance of having road flairs.. They are CHEAP and not only one of the highest visibility warning devices you can have they also are a

source of fire even in wet conditions. It seems more often I ask people even preppers “hey are there flares in your car?” and I get “no.” they are less than \$2.00 each

- Hidden spare key. Don't just use a magnetic keybox.. they always seem to fall off.. Either have a friend or DIY weld a lockbox onto the underside of your vehicle and put your key in there. Also if you have a cargo topper / tool box / lock box; put a extra key to those in the lock box as well..
- Device to break window and cut seat-belts from the inside in an emergency
- Extra oil (buy by the case and save!)
- Extra gas/funnel if appropriate Don't forget to get [a good fuel stabilizer](#) if your going to store gasoline for long term.
- Siphon hose
- Extra fan belts/bulbs/hoses/additives/sealers/hard to get parts if you have a modern care get a extra serpentine belt..
- Window scraper
- Important phone numbers/documents/insurance information
- GPS device if appropriate

Additional critical items from the above Essential Checklist to carry in your vehicle:

- Tarps
- Blankets/emergency sleeping bag
- First Aid kit
- Baby supplies
- Food and water/water purification/containers if appropriate
- Maps
- Pen/magic marker/paper
- Personal documents and photo ID
- Gloves
- Duct tape
- Rope/wire
- Repair tools
- Plastic bags large and small
- Cell phone/smart phone/charger
- Emergency radio/hand-crank radio
- Emergency lighting
- Rope/wire/bungees
- Small solar/12 volt power packs for small electronics
- Cash/credit card
- Extra clothing in harsh and/or wet weather/hat
- Hand/body warmers
- Rain gear/rubber boots
- Knife/multi-tool
- Whistle
- Toilet paper
- Towels

- Shovel
- Small fire extinguisher
- Matches/fire starter
- Personal protection devices or items as appropriate/pepper spray

Check Essential Checklist above for other items relevant to your needs.

Please tell me what I forgot in the comments below!

Sources

Though I have edited and modified both the list and descriptions. Some parts of these lists came from. <http://learntoprepare.com/> and The Survival boards <http://www.survivalistboards.com> I thank you all for your users and your ideas! And various other websites and my own big brain!



8 Comments

1.



Tony / November 5, 2011

A lightweight, folding hand truck (Magna Cart) stored in your vehicle in case you break down. Could carry your backpack, water and other items to save your back.

To hide a spare car key get a Master Lock Select Access Key Storage Box. It's just like a master lock but uses a combination to open a storage compartment. You can lock the thing around a strut or something under the car.

[Reply](#)

2.



Holy editing Batman / November 5, 2011

I can see editing and English aren't your strong suit.

[Reply](#)



Joshua / November 5, 2011

Are you volunteering to be our editor? That would be great!

[Reply](#)

3.



[apbinfo](#) / November 6, 2011

Let's talk about before and after a disaster, perhaps share your opinion. Crucial information and rights are essential. Someday the new face of insurance or government may see to it the insuring public is genuinely prepared and informed. Until then you, the policyholder, need not only be prepared for disaster, you need to be prepared for the aftermath when you are most vulnerable and bullies take advantage. After all, it is the effect from disaster that preparedness allows you to better handle.

[Reply](#)



Joshua / November 6, 2011

Jack Sparko from the <http://www.thesurvivalpodcast.com/> recently had a guest on his show that had a story to tell about their house fire.. It should serve as a warning to anyone about insurance companies.

<http://www.thesurvivalpodcast.com/marc-hallee-on-fires-aftermath> . But I agree with you its really all in your hands.. If anything scan those family photo albums and back them up in a safe digital place.. Make sure to keep a few copies of your archives.. Thank you for the comment.. and for reading!

[Reply](#)

4.



[Michael](#) / November 6, 2011

How much would you charge me to use all this on my web site? It is the most comprehensive series of helpful preparedness lists and info I've ever seen:-)
(And who cares about the manor in which you write and spell-check?).

[Reply](#)



Joshua / November 6, 2011

LOL I will stop by your store on Tuesday Michael 😊

[Reply](#)

5.



Aleutian / November 6, 2011

Good list, thanks.

re:Antibiotics, I'd add more..

Shouldn't give ceph to anyone that's allergic to penicillin (that isn't positively sure they aren't allergic to Ceph too) and shouldn't give doxy to children (unless no other option). I'd add erythromycin and metronidazole too, to start with.

“Ham radio for radio amateurs – need license”

GMRS (bubble pack radio) frequencies are licensed use only too, but tough to find anyone that was given a ticket/citation for violating it (that wasn't being a complete idiot). Hams police their own freqs very seriously tho, so stay off them or they will try to locate your xmitter and file a complaint. In many SHTF scenarios, the licensed hams will be the first to have their radio equip commandeered or confiscated. Better to get a radio with continuous TX capability within the whole band of your preference (not a crippled set only able to xmit in the amateur freq ranges), test it sparingly with your intended recipients only (no “CQ, CQ” / “Who's got their ears on?”), and stay under the radar.

“Deep cycle battery(s) can be wired in series and then become one large battery.”

In series, battery voltage is cumulative and amperage stays the same. In parallel, battery amperage is cumulative and voltage stays the same. Just for clarity.

First visit here, looks like a good site. Thanks again.

[Reply](#)

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James Smith

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