

Survival of the Prepped



Prepare Today, Survive Tomorrow

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Emergency Supply List – For Home

This list is a great starting point for your emergency preparations. You can personalize your supplies by adding items that meet your own requirements for personal care or comfort. Don't forget to update your emergency supplies as your needs change. Keep in mind, the right gear can not only make your life much easier during a disaster, it could also save your life.

Basic Emergency Supplies

- Water, 1 gallon per person per day (minimum 3 days), for drinking and sanitation
- Food, non-perishable (minimum 3-day supply for each person)
- Manual can opener (if you have canned foods in your emergency food supplies)
- [Mess kit](#), paper cups, plates, plastic utensils, paper towels
- [Portable Stove](#) with extra fuel tablets
- Lighter (2)
- Waterproof matches/[fire starter](#)
- Fire tinder
- Cell phone with [crank powered charger](#)
- Two-way radios
- Emergency and family contact information
- Battery-powered or hand crank radio (extra batteries)
- [NOAA weather alert radio](#) with tone alert (extra batteries)
- [Mini LED lantern](#)
- Flashlight (extra batteries)

- ❑ [First aid kit](#)
- ❑ Emergency first aid reference book
- ❑ Disposable [medical grade gloves](#)
- ❑ [Compression bandage](#)
- ❑ [Instant cold pack](#)
- ❑ [N95 face mask](#), to help filter contaminated air, 1 for each person
- ❑ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ❑ plastic sheeting/duct tape, to seal doors and windows when you shelter-in-place
- ❑ Paracord/rope
- ❑ Wrench or pliers to turn off utilities
- ❑ Whistle, to signal for help
- ❑ Maps of the area
- ❑ Sunglasses
- ❑ Complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes. Consider additional clothing in cold climates
- ❑ Rain poncho
- ❑ Sleeping bag or warm blanket for each person, consider additional bedding in cold climates
- ❑ Emergency Mylar survival blanket
- ❑ Cash (small bills), quarters, gold and/or silver

Personal Hygiene & Care

- ❑ Toothbrush & toothpaste, dental floss
- ❑ Soap
- ❑ Shampoo
- ❑ Wash cloth/towel
- ❑ Feminine hygiene products
- ❑ Toilet paper
- ❑ Extra glasses/contact lenses – contact lens case & solutions
- ❑ Prescription medications (minimum 7-day supply)

Miscellaneous Items

- ❑ Household chlorine bleach, medicine dropper – when chlorine bleach is diluted nine parts water to one part bleach, it can be used as a disinfectant; Or in an emergency, you can use 16 drops of regular

household chlorine bleach to treat one gallon of water. Do not use scented, color safe or bleaches with added cleaners.

- ❑ Important family documents such as copies of insurance policies, birth certificates, identification, passports, proof of address, medical records, list of medications you're currently taking, property records, and bank account records. Store these documents in a portable waterproof container.
- ❑ Fire extinguisher
- ❑ Multi-function tool, like a [Leatherman](#)
- ❑ [Swiss Army knife](#) or other survival knife
- ❑ Rain gear
- ❑ Work gloves
- ❑ Hat
- ❑ [LED Headlamp](#) with extra batteries
- ❑ Emergency candles
- ❑ Insect repellent
- ❑ Sunscreen
- ❑ [Pepper spray](#) (personal protection from animals and marauders)
- ❑ Wet wipes/hand sanitizer
- ❑ [Lifestraw](#)
- ❑ Plastic sheeting
- ❑ Duct tape
- ❑ Zip ties
- ❑ Scissors
- ❑ Tweezers
- ❑ Razor blade
- ❑ Safety pins
- ❑ Paper clips
- ❑ Rubber bands
- ❑ Paper towels
- ❑ Large trash bags
- ❑ Glow sticks
- ❑ Small notebook & pencil
- ❑ [Tactical pen](#)
- ❑ Puzzles, books, small games, cards
- ❑ Bandana
- ❑ Aluminum foil/Ziploc bags
- ❑ Binoculars

Special Needs

- ❑ Walker/cane
- ❑ Syringes
- ❑ Medical equipment and special care needs for the elderly
- ❑ Dentures and denture care supplies
- ❑ Hearing aids, (extra batteries)
- ❑ Diapers, diaper wipes, diaper cream
- ❑ Infant formula, bottles
- ❑ Baby food
- ❑ Pet food (minimum 3 days)
- ❑ Water for pets (minimum 3 days – usually 1 gallon per day per pet)
- ❑ Food and water bowls for pets
- ❑ Collar, harness, leash, muzzle, carrier
- ❑ Pet ID and vaccination records