



SHTFandGO

Emergency Survival Check List

Minimum:

- **DEVELOP A PLAN OF ACTION: TALK TO FAMILY MEMBERS ABOUT WHERE TO MEET IF THERE IS AN EMERGENCY****
(example: "If there's an emergency we will all meet at grandpa's house")
Not knowing where family member are is the absolutely biggest mistake made in emergency situations. You're most valuable things are not things, but family.
 - If travelling far, plot and map a travel route to your location and share your route with all family members
 - Make a list of family member's full names, addresses, phone numbers and discuss to family members how to find other family members.
- Shelter (especially cold climates)
 - Home, Tent, Car
 - Blankets, Sleeping Bags
- Water (minimum 1 gallon per person per day)
 - Water Filtration Systems
- Food (2 Weeks Worth per Person minimum 1 month preferred)
 - Canned, Dry foods, (MRE Meals Ready to Eat), Engineered (Mana, Soylent)
 - Men 2000 calories per day
 - Women 1500 calories per day
 - Children 1500 calories per day

Preferred:

- Radio (NOAA Weather Radio)
- Flashlight (more than 1)
- Candles
- Batteries
- Gloves
- First Aid Kit
 - Pain relievers
 - Antibiotic Ointment
 - Bandages
 - Chemical Ice Packs
 - Chemical Hot Packs
 - Dust Mask (prefer N95 Medical Mask protection from bacterial/viruses)

- Safety Pins
- Duct Tape
- Paracord (rope, twine)
- Change of clothes, boots, socks(extra socks)
- Garbage Bags (personal sanitation purposes)
- Personal sanitation items (toilet paper, feminine products)
- Household Bleach (disinfectant)
- Mylar or Plastic Sheeting (emergency shelter)
- Small Tool Kit (wrenches, pliers, knife, hatchet, machete)
- Fire (starter, (waterproof) matches, cooking stove, lighter)
- Kitchen Mess Items: Can opener, eating utensils, plates, cups, cooking items
- Family Protection Devices (bat, firearms, running shoes)
- Local Maps
- 10 Gallons of Gas (remember to rotate every 6 months)

Specialty Items to your personal needs:

- Prescription Medications (stock up)
- Glasses
- Infant Formula
- Diapers (Cloth and Safety pins)
- Pet food/extra water
- Important family documents
- Bank account records
- Cash or Monetary Equivalent
- Paper Notebook and Pencils