

Emergency Checklist

Remember! Pack enough to last you at least 90 days.

Clothing & Storage

- Winter Hats (Ones that are water/snow proof)
- Winter Gloves (Ones that are water/snow proof)
- Winter Boots (Ones that are winter/snow proof)
- Ear Muffs
- Thick Wool Socks
- Regular Socks
- Underwear
- Long Johns
- Pants (Anything durable & warm)
- Sweat Pants
- Cargo Pants
- Sweat Shirts
- Turtle Necks
- T-shirts & Jeans
- Rain Proof Jackets (ARMY Navy Store if possible)
- Gortex Jacket (ARMY Navy Store)
- Camping Cots- Wal-Mart \$35.00 (Get before they are out of season)
- Belt
- Sleeping Bag for 40 degrees and below
- Large Duffle Bag Military style if possible

Accessories

- Flash Lights
- Shaving Kit
- Batteries
- Portable solar charging kit or add'l batteries
- Lighters
- Matches
- Candles
- Toilet Paper (Your own version)
- Tent
- Entrenching Tool
- Shower Kit (Walmart: "Portable Bathroom Bundle")

- Soap
- Toothpaste
- Toothbrushes
- Deodorant
- Shampoo
- Detergent
- Razors & lotion for shaving
- Survival Handbook

Food

- Costco.com: search "Emergency Food Buckets"
- Beans, rice, pasta, oatmeal in big bags at Costco's and Sams. Foods with long shelf life.
- MREs (Meals Ready to Eat)
- Can Opener
- Frying Pan
- Dutch Oven
- Cantine
- Mess Kit (Your own version)

Medical Supply List

- Separate medical bag (fast access)
- Gloves
- hand sanitizer
- rubbing alcohol
- hydrogen peroxide
- witch hazel
- tea tree oil (melaleuca oil)
- normal saline
- saline wash, spray
- betadine
- antiseptic spray, ointment, wipe
- antibiotic ointment
- hydrocortisone cream
- Band-Aids (all sizes)
- gauze pads (all sizes)
- gauze rolls (all sizes)
- rolls of fabric tape
- ace bandages
- finger condoms
- hot water bottles

- ice packs (instant and freezable)
- face masks
- Steri-strips
- Butterfly sutures
- Feminine hygiene products
- Tylenol (adult & children)
- Ibuprofen (adult & children)
- Imodium (anti-diarrhea)
- laxatives
- antacids
- allergy relief
- cough/cold relief
- herbal remedies of choice
- herbal remedies guide
- Epsom Salt

Useful Links

Solar Energy

MySolarBackup.com
FreeSunPower.com

Alternative Heat

HeatStick.com

Seeds, Gardening, Food

HeirloomSeeds.com
DutchValleyFoods.com
PleasantHillGrain.com

Alternative Transportation

BikeEngines.com

Evac Plans, EMP Protection, Rainwater Collection & Storage, etc.

EndTimesReport.com

Make this List Better!

*Something we forgot?
Contact us and we'll see about adding it.*

100 Items to Disappear First in a Calamity

1. Generators (Good ones cost dearly. Gas storage is risky. noisy...target of thieves; maintenance etc.)
2. Water Filters/Purifiers
3. Portable Toilets
4. Seasoned Firewood. Wood takes about 6 - 12 months to become dried, for home uses.
5. Lamp Oil, Wicks, Lamps (First Choice: Buy CLEAR oil. If scarce, stockpile ANY!)
6. Coleman Fuel. Impossible to stockpile too much.
7. Guns, Ammunition, Pepper Spray, Knives, Clubs, Bats & Slingshots.
8. Hand-can openers, & hand egg beaters, whisks.
9. Honey/Syrups/White, Brown Sugar
10. Rice - Beans - Wheat
11. Vegetable Oil (for cooking) Without it food burns/must be boiled, etc.)
12. Charcoal, Lighter Fluid (Will become scarce suddenly)
13. Water Containers (Urgent Item to obtain.) Any size. Small: HARD CLEAR PLASTIC ONLY - note - food grade if for drinking.
16. Propane Cylinders (Urgent: Definite shortages will occur.)
17. Survival Guide Book.
18. Mantles: Aladdin, Coleman, etc. (Without this item, longer-term lighting is difficult.)
19. Baby Supplies: Diapers/formula/ointments/aspirin, etc.
20. Washboards, Mop Bucket w/wringer (for Laundry)
21. Cookstoves (Propane, Coleman & Kerosene)
22. Vitamins
23. Propane Cylinder Handle-Holder (Urgent: Small canister use is dangerous without this item.)
24. Feminine Hygiene/Haircare/Skin products.
25. Thermal underwear (Tops & Bottoms)
26. Bow saws, axes and hatchets, Wedges (also, honing oil)
27. Aluminum Foil Reg. & Heavy Duty (Great Cooking and Barter Item)
28. Gasoline Containers (Plastic & Metal)
29. Garbage Bags (Impossible To Have Too Many).
30. Toilet Paper, Kleenex, Paper Towels
31. Milk - Powdered & Condensed (Shake Liquid every 3 to 4 months)
32. Garden Seeds (Non-Hybrid) (A MUST)
33. Clothes pins/line/hangers (A MUST)
34. Coleman's Pump Repair Kit
35. Tuna Fish (in oil)
36. Fire Extinguishers (or..large box of Baking Soda in every room)
37. First aid kits
38. Batteries (all sizes...buy furthest-out for Expiration Dates)
39. Garlic, spices & vinegar, baking supplies
40. Big Dogs (and plenty of dog food)
41. Flour, yeast & salt
42. Matches. ("Strike Anywhere" preferred.) Boxed, wooden matches will go first.
43. Writing paper/pads/pencils, solar calculators
44. Insulated ice chests (good for keeping items from freezing in wintertime.)
45. Workboots, belts, Levis & durable shirts
46. Flashlights/LIGHTSTICKS & torches, "No. 76 Dietz" Lanterns
47. Journals, Diaries & Scrapbooks (jot down ideas, feelings, experience; Historic Times)
48. Plastic Garbage Cans (great for storage, water, transporting - if with wheels)
49. Men's Hygiene: Shampoo, Toothbrush/paste, Mouthwash/floss, nail clippers, etc.
50. Cast iron cookware (sturdy, efficient)
51. Fishing supplies/tools
52. Mosquito coils/repellent, sprays/creams

53. Duct Tape

54. Tarps/stakes/twine/nails/rope/spikes

55. Candles

56. Laundry Detergent (liquid)

57. Backpacks, Duffel Bags

58. Garden tools & supplies

59. Scissors, fabrics & sewing supplies

60. Canned Fruits, Veggies, Soups, stews, etc.

61. Bleach (plain, NOT scented: 4 to 6% sodium hypochlorite)

62. Canning supplies, (jars/lids/wax)

63. Knives & Sharpening tools: files, stones, steel

64. Bicycles...Tires/tubes/pumps/chains, etc.

65. Sleeping Bags & blankets/pillows/mats

66. Carbon Monoxide Alarm (battery powered)

67. Board Games, Cards, Dice

68. d-con Rat Poison, MOUSE PRUFE II, Roach Killer

69. Mousetraps, Ant traps & cockroach magnets

70. Paper plates/cups/utensils (stock up, folks)

71. Baby wipes, oils, waterless & antibacterial soap (saves a lot of water)

72. Rain gear, rubberized boots, etc.

73. Shaving supplies (razors & creams, talc, after shave)

74. Hand pumps & siphons (for water and for fuels)

75. Soy Sauce, vinegar, bullions/gravy/soupbase

76. Reading glasses

77. Chocolate/Cocoa/Tang/Punch (water enhancers)

78. "Survival-in-a-Can"

79. Woolen clothing, scarves/ear-muffs/mittens

80. Boy Scout Handbook, also Leaders Catalog

81. Roll-on Window Insulation Kit (MANCO)

82. Graham crackers, saltines, pretzels, trail mix/jerky

83. Popcorn, Peanut Butter, Nuts

84. Socks, Underwear, T-shirts, etc. (extras)

85. Lumber (all types)

86. Wagons & carts (for transport to and from)

87. Cots & Inflatable Mattresses

88. Gloves: work/warming/gardening, etc.

89. Lantern Hangers

90. Screen Patches, glue, nails, screws, nuts & bolts

91. Teas

92. Coffee

93. Cigarettes

94. Wine/Liquors (for bribes, medicinal, etc.)

95. Paraffin wax

96. Glue, nails, nuts, bolts, screws, etc.

97. Chewing gum/candies

98. Atomizers (for cooling/bathing)

99. Hats & cotton neckerchiefs

100. Goats/chickens

FROM A SARAJEVO WAR SURVIVOR:

Experiencing horrible things that can happen in a war - death of parents and friends, hunger and malnutrition, endless freezing cold, fear, sniper attacks.

1. Stockpiling helps, however you never know how long trouble will last, so locate nearby renewable food sources.
2. Living near a well with a manual pump is like being in Eden.
3. After awhile, even gold can lose its luster. There is no luxury in war quite like toilet paper. Its surplus value is greater than gold's.
4. If you had to go without one utility, lose electricity - it's the easiest to do without (unless you're in a very nice climate with no need for heat.)
5. Canned foods are awesome, especially if their contents are tasty without heating. One of the best things to stockpile is canned gravy - it makes a lot of the dry unappetizing things you find to eat in war somewhat edible. Only needs enough heat to "warm", not to cook. It's cheap too, especially if you buy it in bulk.
6. Bring some books - escapist ones like romance or mysteries become more valuable as the war continues. Sure, it's great to have a lot of survival guides, but you'll figure most of that out on your own anyway - trust me, you'll have a lot of time on your hands.
7. The feeling that you're human can fade pretty fast. I can't tell you how many people I knew who would have traded a much needed meal for just a little bit of toothpaste, rouge, soap or cologne. Not much point in fighting if you have to lose your humanity. These things are morale-builders like nothing else.
8. Slow burning candles and matches, matches, matches