

# One of Many Preparedness Checklists

Quantities of the items need to be determined by each household. You may need more or less of some things than of others. Try to have enough to last you 3 months or more if you can. You will be surprised how frugal you can be when needed. Remember this is a list of suggestions. You need to decide what you need, can store, and will want in an emergency. Each family, house, and area is different. There are many additional lists and resources available to help you know what you need to do. Take advantage of them.

## Portable Power/Electricity

### Basic

- Power pack to charge phones, flashlights, rechargeable batteries... at least 2-3 charges for a phone 10,000 mAh
- Small to medium solar generator 500-1,000+ watt hours minimum with solar panels (200-300+ watts)

### Moderate

- Large solar generator 1,500-2,000+ watt hours minimum with solar panels (400-600+ watts)
- Rechargeable batteries for headlamps, flashlights, and other electronics
- Extension cords at least 250 feet using three separate cords

### Advanced

- Large solar generator 5,000+ watt hours or more with solar panels (1,000-3,000+ watts)
- Gas/Diesel generator (You will need a supply of fuel for this as well, it will only work as long as you have fuel)
- If you do a Diesel generator you will need a winter additive to keep the diesel from turning into a gel
- Dual or tri fuel generator (with extra fuel supply)

## Lights

### Basic

- Hand held Flashlights with extra batteries (enough to replace batteries 2-3 times)
- Head Lamp with extra batteries (enough to replace batteries 2-3 times)
- Rechargeable flash light or lantern with small solar panel/battery bank to recharge

### Moderate

- LED plug in lights
- USB plug LED lights
- Light for each member of the family (headlamp, flashlight, or lantern)

### Advanced

- Propane lantern with extra propane, and mantles, and matches
- Candles with matches and lighters
- Candle Making Supplies

## Shelter

### Basic

- Tent large enough for the family to sleep together or multiple tents to split up (Multiple tents = multiple lights being used, heating, tarps... just equals more)
- 2 tarps to go with the tent. One on the bottom and one on top as a fly for better rain protection
- 1 extra tarp for a shelter to cook under. Can be replaced with a popup canopy or something similar.
- Rope (paracord or twine work great) This can be used to secure tarps or tents down. At least 200' of rope needed
- Sleeping bag for each person. Two identical sleeping bags can be zipped together to make a larger sleeping bag. (Extra heat in cold conditions)
- Air mattress, cot, or sleeping pad. Air mattress can be cold as well as cots. You may need additional padding to help in cold conditions

### Moderate

- Canvas popup tent
- All season/weather tent

### Advanced

- Canvas hunting/wall tent (One with a stove port to allow a chimney through)
- Camper or RV
- Camper can be replaced with an enclosed trailer (can be modified easily to function as a camper)

## Communication

### Basic

- Information sheet with family phone numbers and physical addresses listed (Laminated)

Radio/walkie-talkie for communication with family, neighbors, ward, and or stake

#### Moderate

Handheld HAM radio

#### Advanced

Base Station Ham radio for your home, vehicle, or RV

### Useful Tools



#### Basic

- Hammer and nails
- Hand saw
- Screw driver (both flathead and Phillips)
- Crescent Wrench Large and Small
- Pocket Knife for each family member you want to have one
- Safety glasses
- Hatchet
- Sewing kit small
- Duct tape or gorilla tape
- Electrical tape

#### Moderate

- Electrical Drill
- Screws (multiple of different lengths)
- Small Chain Saw (extra fuel, 2-stroke oil, and chain and bar oil)
- Backpack/hiking backpacks - one for each person in the family
- Ax
- Magnifying glass

#### Advanced

- Large Chain Saw (extra fuel, 2-stroke oil, and chain and bar oil)
- Sewing Machine with extra supplies and tools to repair clothes, blankets...
- Multimeter

### Self Defense



#### Basic

- Hand Gun (recommend 9mm or larger) at least 200 rounds of ammunition or more
- Or taser or pepper spray (low recommendation for these)

#### Moderate

- Rifle or shotgun (at least 200 rounds or more of ammunition)

#### Advanced

- 500 or more rounds of ammunition for rifles, shotguns, and or pistols
- Plywood to cover windows

### Heating



#### Basic

- Blankets
- Fire starting supplies (lighters, matches, lighter fluid, pull start fire....)
- Stocking hats
- Gloves (work, winter/snow)
- Winter clothing
- Emergency blankets (one per family member)

#### Moderate

- Thermals (Base Layer)
- Hand warmers (reusable are recommended as well)
- Small propane heater

#### Advanced

- Heated coat or jacket
- Large propane heater
- Wood stove
- Multiple heating sources for your home

## Sanitation



### Basic

- Soap (recommended to have both liquid and bar soap)
- Liquid dish soap
- Laundry soap
- All purpose spray (cleaner)
- Alcohol wipes\*
- Disinfectant wipes
- Wet wipes\*
- Rope\* with clothes pins
- Toilet paper
- 5 gallon buckets (at least 5) Can be used to carry water, wash clothes, as a toilet... (recommend having easy snap on lid)
- Bleach (remember liquid loses strength over time)\*
- Iodine\*
- Paper towels\* reduces the need to wash rags (using more soap and water) also may need to clean and throw away

### Moderate

- Hypochlorite (aka pool shock) long shelf life and can be used to sterilize water, stronger mixes can be used for cleaner
- Collapsible sink and or bucket
- Lime (used to sprinkle over poop, neutralizes the odors and keeps flies away)
- Two 5 gallon bucket with seat and extra bags

### Advanced

- Portable shower (solar heated preferred)
- Soap Making supplies

## Water



### Basic

- Case of bottled water
- 3 days of water needs stored in containers, bottles, 5, 10, 15, and or 55 gallon barrels/jugs
- Pump to retrieve water if too heavy to pour out of storage containers
- Water bottles for each person in your family
- Chlorine Dioxide (Disinfect water)
- LifeStraw
- Bleach
- Calcium hypochlorite (pool shock) at least 1 bag
- Three 5 gallon buckets with easy snap on lids
- Pasteurization Indicators (two incase one breaks or you need to share)

### Moderate

- 6-7 days of water needs stored in containers, bottles, 5, 10, 15, and or 55 gallon barrels/jugs
- Backpacks with water bladder and a cleaning kit
- Large water filter system with 3 or more filters of different sizes

### Advanced

- 2-3 weeks of water needs stored in containers, bottles, 5, 10, 15, and or 55 gallon barrels/jugs
- Rain barrels or a system collect rain
- Water filters with a reverse osmosis filter system
- Ultra violet light system used with water filters

## Food



### Basic

- 1 month supply of regular food that you eat every day (Make sure the water needed matches what you store)
- Cook book with recipes that your family eats regularly\* (Printed recipes)
- Baby formula

### Moderate

- Low recommendation for the freeze dried food in buckets. It is better than nothing, but money into the food you eat everyday is better spent
- 3-6 months supply of regular food that you eat every day

Extra baby formula

### Advanced

1-2 years supply of long term food storage

Dry beans take a high amount of water and heat to become edible, thus these are a low recommendation and should be saved for last in your food storage

## Energy/Fuel



### Basic

Gas 5 gallons

Diesel (if needed for vehicle or generator) 5 gallons

Propane (10 gallons) small bottles (used for lanterns, small propane heaters and cookers)

Propane (10 gallons) large bottles (used for grill, propane heater, camp chef...)

### Moderate

Gas 20-50 gallons

Diesel (if needed for vehicle or generator) 50 gallons

Propane small tank refill adapter (used to refill the small green propane bottles from a larger bottle)

Propane (50-100 gallons) large bottles (used for grill, propane heater, camp chef...)

Wood

### Advanced

Gas 100+ gallons

Diesel (if needed for vehicle or generator) 100+ gallons

Propane (250 gallons)

## Medical



Extra of any prescriptions you take or a family member takes

Small first aid kit

2 year supply Daily multivitamins for adults and children

Acidophilus pills (especially needed if you have to take an antibiotic)

NAISD (Ibuprofen)

Acetaminophen (Tylenol)

Aspirin

Pseudoephedrine, Sudafed (behind the counter)

Anti-diarrhea

Stool Softeners

Pepto Bismol/tums

Allergy medication

Cold and flu medicine (Dayquil, NyQuil)

Neosporin, bacitracin, and or a triple antibiotic ointment

Antibiotics multiple kinds

Band aids

Gauze pads

Sports Tape

Super Glue

Rubbing Alcohol

Hydrogen Peroxide

Alcohol wipes\*

Iodine\*

Orajel

Oral care kit

Eye drops

Vaseline/petroleum jelly

Burn free

Calamine lotion

Hydrocortisone (anti-itch cream)

Coban Wrap

Dermoplast

Earache drops

Sunscreen

ACT Mouth wash

After Bite

<input type="checkbox"/>	Lotion
<input type="checkbox"/>	Chap stick
<input type="checkbox"/>	Cough Drops
<input type="checkbox"/>	Hand Sanitizer
<input type="checkbox"/>	Rubber Gloves
<input type="checkbox"/>	Vapo Rub (name brand recommended, Equate brand recommended for children)
<input type="checkbox"/>	Daily vitamins
<input type="checkbox"/>	Vitamin C
<input type="checkbox"/>	Vitamin D 1000 IU
<input type="checkbox"/>	Pulse oximeter (reads the % of oxygen in your blood and takes your pulse)
<input type="checkbox"/>	Stethoscope
<input type="checkbox"/>	Blood pressure cuff adult and pediatric
<input type="checkbox"/>	Instant cold packs
<input type="checkbox"/>	Numbing cream
<input type="checkbox"/>	P95 Mask
<input type="checkbox"/>	Syringes
<input type="checkbox"/>	Needles
<input type="checkbox"/>	Cold sore medication L-Lysine
<input type="checkbox"/>	Dairy Relief (Lactaid)
<input type="checkbox"/>	Gas Relief
<input type="checkbox"/>	Melatonin
<input type="checkbox"/>	Iron 65 mg
<input type="checkbox"/>	Medical tool kit
<input type="checkbox"/>	Sutures
<input type="checkbox"/>	Staples and staple gun
<input type="checkbox"/>	Staple remover
<input type="checkbox"/>	Depends (adult diapers) (primarily for women after giving birth)
<input type="checkbox"/>	Magnifying glass

### Children



<input type="checkbox"/>	Aquaphor diaper rash ointment
<input type="checkbox"/>	Baby/infant cough syrup
<input type="checkbox"/>	Baby/infant Pain and Fever Acetaminophen
<input type="checkbox"/>	Baby/infant Pain and Fever NSAID
<input type="checkbox"/>	Children's allergy relief
<input type="checkbox"/>	Children's Ibuprofen, Motrin
<input type="checkbox"/>	Children's Tylenol, Acetaminophen
<input type="checkbox"/>	Children's Multi-symptom cold relief
<input type="checkbox"/>	Children's Vaporizing Rub
<input type="checkbox"/>	Gripe Water
<input type="checkbox"/>	Infant Gas Relief Drops
<input type="checkbox"/>	Pediatric Pulse Oximeter
<input type="checkbox"/>	Oral and (Rectal for infants) Thermometer

### Women's Needs



<input type="checkbox"/>	Yeast infection treatment
<input type="checkbox"/>	Bladder infection treatment
<input type="checkbox"/>	Obstetrical Kit (Birthing Kit)
<input type="checkbox"/>	Tampons
<input type="checkbox"/>	Menstrual pads
<input type="checkbox"/>	Menstrual cups
<input type="checkbox"/>	Witch Hazel pads
<input type="checkbox"/>	Feminine wash
<input type="checkbox"/>	Medicine for thrush
<input type="checkbox"/>	AZO (for urinary track infections, this is an over the counter medication)

### Personal Care (Extra of everything)



<input type="checkbox"/>	Shampoo/conditioner
<input type="checkbox"/>	Toothpaste and toothbrush
<input type="checkbox"/>	Deodorant

<input type="checkbox"/>	Tampons, pads, menstrual cups...*
<input type="checkbox"/>	Dental floss
<input type="checkbox"/>	Wet wipes*
<input type="checkbox"/>	Kleenexes/tissues
<input type="checkbox"/>	Paper Towels*
<input type="checkbox"/>	Laundry detergent
<input type="checkbox"/>	Liquid hand soap
<input type="checkbox"/>	Liquid dish soap
<input type="checkbox"/>	Bars of soap (With a pair of nylons. Works great to tie the soap up and keep it from getting dirty.)
<input type="checkbox"/>	Q-tips
<input type="checkbox"/>	Cotton balls
<input type="checkbox"/>	Condoms
<input type="checkbox"/>	No rinse soap - cleans well with minimal water use

## Other Supplies

<input type="checkbox"/>	RV antifreeze (used to keep drains from freezing if your home loses heat in the winter)
<input type="checkbox"/>	Water proof tape (flex tape)
<input type="checkbox"/>	Duct tape or gorilla tape
<input type="checkbox"/>	Electrical tape
<input type="checkbox"/>	Citric acid(It comes in canisters large or small, and is important for food preservation, cleaning, and as an additive for nutritious seed sprout-ing. It also acts as a meat tenderizer for the inevitable tough meats you'll be eating and can be used to flavor beverages. You can buy it in bulk online for your survival items list.)
<input type="checkbox"/>	Lye (Lye is used in soap making and to preserve or prepare certain types of food, like hominy, curing olives, or making century eggs. It will also be impossible to make soap without lye. Historically, lye was made using wood ashes, but this process takes time to learn to do cor-rectly, and some woods work better than others.)
<input type="checkbox"/>	Lime (This has many uses. It can be used in outhouses, and open pit latrines.)
<input type="checkbox"/>	Needles and thread
<input type="checkbox"/>	Extra Glasses if you use contacts or your glasses break
<input type="checkbox"/>	Stainless steel bucket
<input type="checkbox"/>	Extra fabric

## Cooking

<input type="checkbox"/>	Cook book with recipes that your family eats regularly*
<input type="checkbox"/>	Wheat grinder (hand and an electric, recommend both incase you can't get power)
<input type="checkbox"/>	Solar Oven
<input type="checkbox"/>	Thermal cooker
<input type="checkbox"/>	Small cooker (propane)
<input type="checkbox"/>	Small hot plate
<input type="checkbox"/>	Zip lock bags of each size
<input type="checkbox"/>	Butcher paper
<input type="checkbox"/>	Aluminum foil
<input type="checkbox"/>	Paper/plastic products (plates, bowls, silverware, cups)
<input type="checkbox"/>	Garbage bags

## Gardening

<input type="checkbox"/>	Irrigation system
<input type="checkbox"/>	Pesticides
<input type="checkbox"/>	Fungicides
<input type="checkbox"/>	Fertilizer
<input type="checkbox"/>	Extra seeds

## Canning

<input type="checkbox"/>	Lids for each size you use
<input type="checkbox"/>	Jars of each size you use
<input type="checkbox"/>	Pressure canner
<input type="checkbox"/>	Jar lifter
<input type="checkbox"/>	Blancher
<input type="checkbox"/>	Salt without Iodine