## Emergency Survival Check List

<table>
<thead>
<tr>
<th>WATER</th>
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</thead>
<tbody>
<tr>
<td>2-week supply is recommended, 1 gallon per person per day.</td>
<td>Drinking water: Aqua Blox, Aqua Literz Water Storage Barrel Water Storage Bag Siphon Pump and Bung Wrench Water Preserver Concentrate Water Purification Tablets Water Filtration Bottle Drinking Cups</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>FOOD</th>
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</thead>
<tbody>
<tr>
<td>2-4 week supply is recommended, and should consist of regular grocery items and long store food items.</td>
<td>Patriot Bar 3600 Calorie Food Bar Mountain House Foods In #10 Cans MRE, Meals Ready to Eat Canned Goods Crackers, Cereals Hard Candy Powdered Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HEATING / COOKING</th>
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</thead>
<tbody>
<tr>
<td>Most of the food can be eaten cold, but warmed food may be more acceptable to the family.</td>
<td>Mountain Oven Flameless Heating Kit Folding Stove &amp; 8 Solid Fuel Tabs Disposable Plates and Utensils 36 Hour Emergency Candle Waterproof Matches Lighter Can Opener</td>
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</tbody>
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<table>
<thead>
<tr>
<th>FIRST AID</th>
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<tbody>
<tr>
<td>After a disaster, help may be days away. Having a good supply of first aid items is key. Treating an injury quickly could reduce the risk of it becoming life threatening.</td>
<td>First Aid Kits Adhesive Bandages Gauze Rolls and Pads First Aid Tape Rolls Metal First Aid Scissors Ice Pack - Cold Compress Non-Aspirin Packs with 2 Tablets each Ibuprofen Packs with 2 Tablets each Antacid Packs with 2 Tablets each Antibiotic Ointment Packets</td>
</tr>
<tr>
<td>Burn Cream Packets</td>
<td>Bucket Style Toilet</td>
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<td>-------------------------------------</td>
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<tr>
<td>Cotton Tip Applicators</td>
<td>Toilet Tissue or Tissue Packs</td>
</tr>
<tr>
<td>Tongue Depressors</td>
<td>Toilet Waste Bags with Bio-Gel</td>
</tr>
<tr>
<td>Sunscreen Lotion Packets</td>
<td>Hand Sanitizer</td>
</tr>
<tr>
<td>Lip Ointment Packets</td>
<td>Toilet Wipes</td>
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<tr>
<td>Sting Relief Prep Pads</td>
<td>Liquid or Bar Soap</td>
</tr>
<tr>
<td>CPR Mouth Barrier</td>
<td>Vinyl Gloves (Non-Latex)</td>
</tr>
<tr>
<td>Vinyl Gloves (Non-Latex)</td>
<td>Chlorine Bleach</td>
</tr>
<tr>
<td>First Aid Guides</td>
<td>Plastic Bags</td>
</tr>
<tr>
<td>Alcohol Wipes</td>
<td>Privacy Shelter</td>
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<tr>
<td>Ammonia Inhalants</td>
<td></td>
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<tr>
<td>Eye Wash Solution</td>
<td></td>
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<tr>
<td>Ace Bandages</td>
<td></td>
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<tr>
<td>Tweezers</td>
<td></td>
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<tr>
<td>Emergency Suture Kit</td>
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</tbody>
</table>

- **SANITATION**

Sanitation is essential in an emergency situation. Unsanitary conditions can bring disease and dysentery.

- **HYGIENE**

Personal hygiene is important during emergency situations to control the spread of germs. It also makes it a little easier when living in disaster conditions.

- **SHELTER & WARMTH**

It is important to have items to keep you warm and dry.
TOOLS & SEARCH AND RESCUE

These tools are extremely important for yourself, your family, and others you may be able to help after a disaster strikes.

- 4-in-1 Safety Tool
- 50 Feet of Nylon Cord
- 6-in-1 Survival Shovel Tool
- N95 Respirator Masks - NIOSH Approved
- Duct Tape
- Leather Palm Working Gloves
- Pry Bar/ Crow Bar 24"
- Safety Goggles
- Hard Hat
- Nitrile Industrial Grade Protective Gloves
- 16 Function Swiss Army Style Knife
- Assorted Tools
- Screw Drivers
- Hammers
- Saw

EMERGENCY LIGHT

You should have several sources of light available to you.

- LED Flashlights (see Emergency Light)
- Lanterns
- Solar / Hand-Crank Powered Emergency Flashlight
- Candles (liquid, stick and 3 wick)
- 12 Hour Emergency Bright Stick
- Waterproof Matches
- Bic Style Lighter
- Emergency Strobe Light

EMERGENCY COMMUNICATION

It is essential to be able to communicate with other people, either for help or for information.

- 5-in-1 Survival Whistle
- Emergency Cell-Phone Charger
- Mobile Cell-phone Adapter Package
- Emergency Strobe Light
- AM / FM Radio
- Weather band or Short Wave Radio
- Important Phone Numbers
- Flashlight - Radio - Siren

- Warm Polar Fleece Blanket
- Extra Clothes
- Waterproof Matches
- Lighter
## TERRORISM SURVIVAL SUPPLIES
Acts of terrorism can strike at any time; we must be prepared ahead of time.
- Gas Mask - SGE 400/3 Infinity
- Gas Mask Filter Cartridge
- N95 Respirator Masks - NIOSH Approved
- Potassium Iodide
- Silver Shield Gloves and Boot Covers
- NBC Special Forces Protective Suit
- Plastic Sheeting & Duct Tape (for sheltering in place)

## PANDEMIC FLU KITS
The best way to avoid panic is to be informed and to be prepared.
- Basic Pandemic Swine Flu Kit
- Deluxe Pandemic Swine Flu Kit (medium/large) OR (small)
- Standard Pandemic Swine Flu Kit (medium/large) OR (small/medium)
- N95 Respirator Masks - NIOSH Approved

## PETS
It is important to remember our pets when a disaster strikes. Make arrangements with a neighbor to look after your pets if you are unable to return home.
- Cat Food - Vacuum Sealed
- Dog Food - Vacuum Sealed
- Collars / Leash
- Pet Bowls
- Pre Assembled Cat Survival Kit
- Pre Assembled Dog Survival Kit
- Pet First Aid Kit
Multiple cat and dog kits available

## ADDITIONAL GEAR SUGGESTIONS
Additional items you may want to include in your survival preparations.
- Pre Made 72 hr. Survival Kits
- Fire Escape Ladder 2 Story or 3 Story
- Pepper Spray
- Hand Gun / Rifle
- Ammunition
- Plastic Buckets, Lids
- Backpacks / Bags
- Survival Books And Guides
### CASH

- It is important to have cash money when a disaster strikes. Banks and ATMs will not be open, and if the phone lines are down, credit cards will not be able to be authorized.
- Rolls of Quarters
- $500+ in $1, $5, $10 bills
- Longer Term Cash Reserve
  - (3 mo. living expenses, not stored at the bank)
- Barter Items like cigarettes

### ENTERTAINMENT

- Have some things on hand that can help pass the time in a stressful situation for adults and children.
- Survival Books And Guides
- Activity / Coloring Book
- Children’s Toy Set
- Puzzles
- Playing Cards
- iPod / Hand Held Games (if available)

### INFANTS

- These items may be hard to come by in an emergency if you are not prepared.
- Baby Formula
- Jar Baby Food
- Bottles / Spoons
- Cereal
- Diapers
- Baby Wipes
- Any Medicines / Vitamins
- Clothes / Hat
- Blankets / Toys

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This checklist is to help you gather the recommended supplies that will help you be better prepared. This is not intended to be an all-inclusive list, or for every situation, just a start to get yourself and your family prepared. Helpful links have been added to help you locate the items on our website. Please let us know if you have any questions about the products or about your preparation.

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