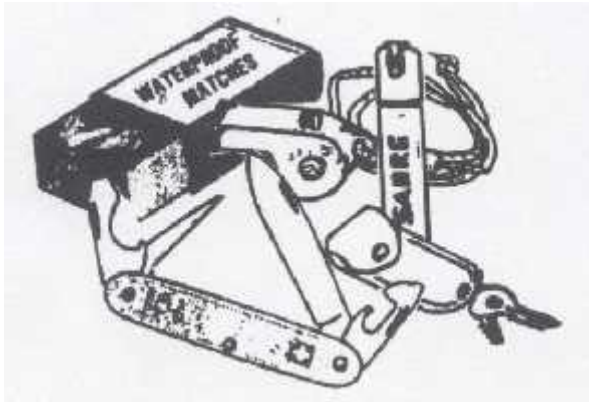


Survival-Lists

By Jim Jones, CHCM/EMT

There are so many publications with so many lists that I generally avoid doing lists. But the lists below are from actual packs and supply stocks we have tested and adjusted over thirty years. The reader will select items for pocket, pack, home and vehicle based on anticipated emergencies, weight, health and budget. These lists are intended as guides, reminders and suggestions. Remember that what you “intended” to get is useless. What you “have” with you not what you left at home is what counts. Anything (even cheap or improvised items) is far better than nothing. Don’t let the size of the lists be an excuse for not getting started.



Things You Should Carry In Your Pockets

These are items that can get you through many short term emergencies. Empty pockets are an invitation to becoming a victim.

1. Small pocketknife (if legal)
2. Miniature LED flashlight (key chain type)
3. Miniature pepper spray (key chain type)
4. Fold-flat N95 dust/mist mask
5. Pocket size bottle of hand sanitizer or alcohol prep pads
6. A few Band-Aids
7. Tylenol (2-pack) or other painkiller
8. A few tissues or napkins
9. A book of matches or a miniature lighter

What to Have On or In the Bedside Table

Disaster can strike at any time. You awaken to the smell of smoke, the sound of an intruder, the town storm siren. You need these items NOW!

1. Car keys with alarm activator remote
2. Cell phone
3. LED flashlight (battery or crank)
4. N95 dust/mist respirator
5. Whistle
6. Survival-tool, mini-pry bar or equivalent
7. Handgun* or at least large size pepper spray

*Selection depends on personal size and level of training. A 38 cal revolver is a good choice for the untrained because of simplicity and reliability. A small 380-caliber auto-pistol is easy for most to use. A 9 mm, or 40-caliber auto-pistol is best for those who can practice. If children are ever in the home keep them locked or otherwise safe from access by children.

What You Should Have in a “Get Home Bag”

In some cases you may be caught in the beginning of a terrorist attack, an epidemic, large-scale, natural disaster, or general, civil-disorder while you are many miles from home. Having the pocket items described in chapter two of this book will certainly give you an advantage, but having a specialized kit or pack that will keep you alive and safe as you struggle to get home can improve your chances immensely. Get home packs are not full evacuation packs or survival packs, they must be small enough to have with you at all times, and yet contained the items you will need to travel and survive over the distance you may need to cover. You are not going to go around wearing your get home pack under normal conditions so it needs to fit into your desk-drawer, vehicle trunk, locker or other accessible locations. You need to consider what the most likely scenarios are and how far and how long you will need to travel, and through what environments in selection of your pack contents. If your pack is intended to get you home from your job, school or other familiar locations you may already know the routes and may not need to carry maps and a compass, but if you travel to varied and distant locations, good maps, a compass and/or a GPS device certainly will need to be included. The average person walks at four-miles-per-hour, but disaster situations may involve obstacle and detours, so as little as twenty-miles-per-day may be anticipated. The get home pack is intended to get you home within one or two days through dangerous and possibly hostile conditions so it is necessarily heavy on first aid, protection and self-defenses and lighter on food, water and other long-term needs.

Get Home Pack Items

1. Two or more N95 respirators: Terrorist attacks, chemical incidents, fires, and many other situations will result in an unsafe atmosphere.
2. A plastic rain poncho: This item will protect you from airborne contaminants, rain and wind.

3. A first aid kit: Many types of emergencies will result in injuries. Basic bandages, a tourniquet, pain relievers, antiseptic ointment, and hemostatic gauze pads should be included.
4. Self-defense weapons: Disaster situations can result in civil disorder and looting. If at all possible include a small handgun and extra magazines of ammunition in your kit. If this is not an option include a large can of pepper spray and possibly a Taser. Better to have it and not need it than need it and not have it.
5. A good pocket knife and/or multi-tool: These have many critical applications during a survival situation.
6. A small AM/FM/WX band radio: Knowledge of developing situations will be critical to your reaching home safely.
7. A small monocular or binocular: Seeing hazards and checking route safety in advance will be an important advantage.
8. A hand-held GMRS walky-talky: If you have established a plan with your family this could be used to communicate with them as you get close to home.
9. A tactical flashlight: Disasters frequently result in power outages. You may need to move through darkened areas at night or signal for help.
10. A loud whistle: Always handy for signaling for help.
11. Several day worth of your prescription medications: You can never be sure how long before you can get more.
12. One or two pints of water: Water may not be critical during short-term escapes, but some should be carried. Adding a few water purification tablets or a Survival Straw may be a good idea, just in case.
13. A lighter, matches or magnesium stick: Starting a fire may not be a priority, but it's better to have the ability.
14. Short-term, energy food: While you don't need to have cooking gear and meals, you do need fast energy and nourishment. So-called energy bars, preteen bars, and train snacks for two-to three days along with caffeine, five-hour energy drinks are a must.
15. Navigation aids: Maps, compasses and GPS devices are only necessary if you are unfamiliar with the routes to your home.

What to Have in Your "Evacuation Pack" Evacuation Packs

Evacuation packs are advocated by most emergency management agencies. As the name implies, they are designed for short-term evacuation from your home to a designated shelter or camp where you will be provided with food, medical care and shelter. Most localized short-term disasters resolve within a few days so these packs have just enough basic items to get the owner through a few days on the road. Of course the contents can also be used to aid in a shelter-in-place situation. The Red Cross and other agencies actually sell pre-

packaged evacuation kits to the public. Having a basic evacuation kit for every family member is to absolute minimum preparedness level for any responsible family today.

The list below is a modified version of the “FEMA 72-hour Evacuation Pack. The listed items are enough for one person to get through a few days of travel to safety. Each family member should have one. Children can have smaller bags as well. In most cases evacuation is a last resort, but the items in the pack can be used for home emergencies as well. These items can be kept in a small backpack or carry-on type bag. The list below is a modified version of the FEMA evacuation pack list

1. (4) 16 oz. water bottles: this can be replaced by one or two canteens and should be supplemented with a package of water purification tablets
2. (1) Collapsible stove with heat tablets: The folding sit stove is ideal for this application
3. (1) Metal canteen cup or Sierra cup: Being able to prepare hot drinks is important for maintaining energy and moral.
4. (1) 50-hour candle: This can be substituted with a solar rechargeable mini-lantern
5. (1) Tactical-flashlight: Consider one that has multiple power levels and/or is solar rechargeable
6. (1) Multi band radio: This should be AM/FM/WX weather band, preferably crank and solar powered.
7. (1-4) Food bars: High calorie, high protein food bars and trail foods that have long storage-life. Consider life-boat rations that provide two-thousand-five-hundred calories.
8. (1) Large rain poncho
9. (2) N-95 dust/mist respirators: these provide protection from airborne contaminants, but also help retain respirator warmth
10. (1) Space blanket: While cheap rescue blankets are lighter, the much more durable Space Blankets™ provide better shelter.
11. (1) Multi-function knife: A Swiss Army type knife or a multi-tool will come-in-handly for many prepossess
12. (1) Box waterproof matches: You may want to add a lighter or a magnesium spark striker to be sure you get a fire.
13. (1) Bottle hand sanitizer: The type that is alcohol based can serve as an aid to fire starting.
14. (1) First aid kit: Include bandages, hemostatic gauze pads, antiseptic and pain relievers
15. (1) Pair extra glasses: If you normally need glasses this is a must.
16. (1) Spare pair of heavy sox: If you will be walking a long distance this is important. Sour, wet feet can stop you in your tracks. Socks can also serve as mittens in cold weather.
17. Extra prescription medications: Take as much as you can since you cannot depend on resupply in an evacuation.
18. (6) Light sticks: FEMA recommends these and they could be useful

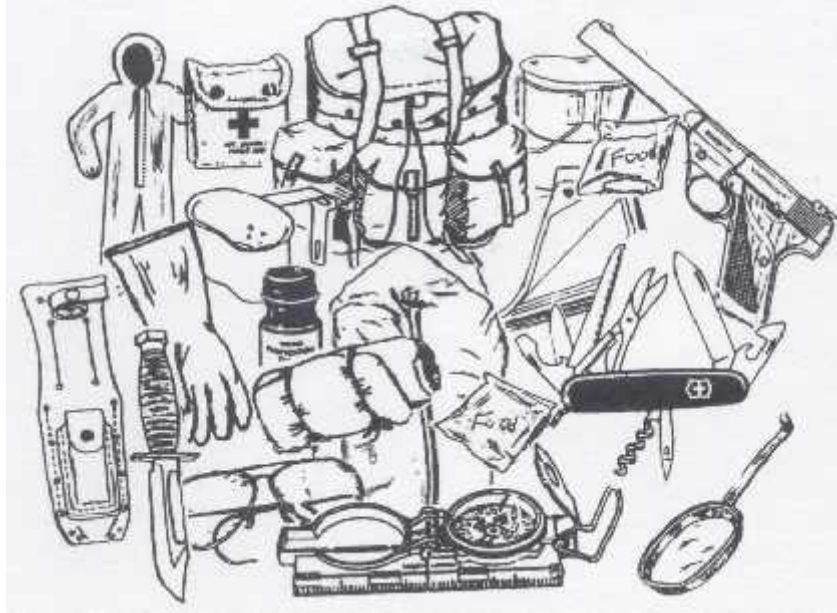
19. Copies of: Birth certificates, deeds, mortgages, titles, and insurance papers. Medical and contact information
20. Self-protection device (optional but recommended) under some conditions the evacuee may be subject to criminal assault and looting. Options range from a pepper-spray to a handgun. Be aware that government shelters probably will prohibit and confiscate weapons.
21. Optional food: Your stove can be used to heat up coffee, tea, instant soups and other beverages, so consider adding instant coffee, tea bags, sugar packets, and bouillon cubes to your pack. If you include oatmeal or thick soups, don't forget a spoon.

Thing You Should Have In Your Long-Term Survival Pack

Long Term Survival (bugout) Packs

Survival packs, often referred to as "bugout bags" are generally considered the ultimate expression of self-reliance. Unlike survival kits and evacuation packs, the survival pack is based on the assumption that (1) no help will be forthcoming, and (2) that the disaster situation may be of extended or indefinite duration. The major weight and space increases result from the requirements below.

- The survival pack should have sufficient food and water purification capacity to last at least six-to-ten days.
- The survival pack should have adequate sheltering and warmth items for extended outdoor survival in cold and wet conditions.
- The survival pack should have tools necessary for self-reliance and survival beyond ten-days, such as shovels, axes, fishing-gear, game-traps, firearms, ammunition, etc.
- The survival pack should have enough medications, and first-aid items to maintain health without outside help for extended periods.



While the true survival pack must have more of these heavier and bulkier items, it also must be carried for longer distances, so the selection of items and the pack itself require considerable thought. The rule for putting-together a survival pack is to have as much as you are able to carry for five-miles between rest-stops. Your physical condition, age and the terrain you will be moving through must be carefully considered. Experienced backpackers can carry a lot more than the average citizen who may not carry the pack until they are forced into the streets. Most inexperienced people tend to overestimate how much they can comfortably carry. In creating a survival-pack, weight and space is everything! Go for the best, the lightest and the smallest to make room for food, shelter and other true essentials. Be draconian in discarding items that you may want, but don't need. The specific contents and amounts of each item will depend on the anticipated needs, budget and carrying-capacity of the owner.

Stuff kept with the pack that goes on the belt or into your pockets

1. Field boots for hiking. If you need your pack, chances are you are not going to be wearing street shoes or flip-flops where you are going.
2. Cap or weather appropriate hat
3. Some energy bars, trail mix or jerky for the pockets
4. A full quart canteen and pouch to carry
5. A field knife such as the Ka-Bar™, Air force Survival Knife or Smith & Wesson™ Search & Rescue knife. If your knife does not have a sharpening stone on the sheath, be sure to have a sharpening stone or sharpening device in your pack.
6. Sun glasses
7. A weapon. Pepper spray if all other options are unavailable. A good handgun, such as a Beretta™ or Glock™ 9 millimeter or Colt™ 45 caliber auto pistol with holster and extra magazines is recommended where legal.

8. Depending on your situation, you may elect to carry a long-gun. This could be a shotgun, rifle or carbine. You will probably need to carry extra magazines of ammunition in pockets or bandoliers. Ammunition is heavy and will need to be balanced against food, water and other critical supplies to be carried.

A complete Survival/Bugout pack with associated gear, including boots, a handgun with multiple, loaded magazines, a holster, and a suitable long-gun

Survival/Bugout Pack Contents

Outer Compartments

1. Water purification device. Katadyn™ Hiker, Extreme™ etc.
2. Magnesium fire starter. Gerber™ strike force etc.
3. Compact folding, camp shovel
4. Miniature solar and crank powered radio with AM/FM/WX weather band
5. Miniature Survival Guide book or survival information cards
6. 2 large smoke bombs
7. 50 ft. of cord.
8. Lensatic compass and (optional) GPS navigation device.
9. Several energy bars and trail snacks
10. Large hemostatic gauze pad (Celox™ or other)
11. Spare prescription glasses
12. Small binoculars or monocular
13. Multi-tool (e.g. Swiss Army Knife, Gerber, etc.)
14. Tactical flashlight
15. Prescription medications (reserve supply)
16. Water purification tablets
17. Waterproof matches
18. (2) N95 dust/mist respirators
19. Document Package with copies of birth certificates, insurance papers, property titles, wills, medical information, critical phone numbers, etc.
20. Emergency plans and maps of routes and safe areas
21. Small roll of electrical tape
22. Notebook and pencil

Main Compartments

1. Heavy-duty Rain Poncho (on top for quick access)
2. Heavy-duty Space Blanket™ aluminized with grommets
3. Insulated blanket or light sleeping bag tied to outside of pack
4. Tub tent or 12' x 12' 3 mil, plastic tarp
5. Lg. Tyvek™ chemical protective cover-all with hood
6. Wool watch cap
7. Two pair of warm socks
8. 2 Chemical light sticks or UV Paqlite™ sheet hung outside pack to charge during the day.
9. 1 small towel
10. 1, 12' x 24' HD Aluminum foil

- 11.1 cooking kit, should include a small pan and one deep pot.
- 12.1 folding stove MRE™ Pocket Rocket, or Esbit™ stove
- 13.2, 3.6 oz. Gas fuel cylinders for stove or box of Esbit™ fuel cubes
- 14.1 pkg. Fire starter bars
- 15.1 Knife, fork and spoon set
- 16.6-8 Mountain House™ freeze-dried meals
- 17.6-8 packages of instant oatmeal
- 16 1 can Spam™ canned meat
- 18.1 can. canned sardines
- 19. Assorted energy bars, trail mix, nut, and beef jerky.
- 20. 16-bar pkg. Lifeboat rations (last resort food)
- 21. 10 single serve coffee bags and sugar packages*.

Note: Food choices are just suggestions. Weight, space and budget will dictate your selections, but food has to have a high priority for this long-term pack. Always have some foods that do not require cooking for situations where using a stove or starting a fire may not be practical

**use a vacuum sealer to further extend to shelf life of dried items*

Kits Packaged in Plastic Bags inside the Pack

These are items packaged in small nylon bags, pouches or plastic bags

Personal Sanitation Kit

- 1 Liquid soap 2 oz.
- 2 Hand sanitizer 2 oz.
- 3 Toothpaste travel size
- 4 Toothbrush
- 5 1 or 2 razors
- 6 1 pair of latex gloves
- 7 1 lg. Washcloth
- 8 1 1.25 oz. insect repellent
- 9 Nail clippers
- 10 small stainless steel camp mirror
- 11 Toilet paper packets

First Aid Kit

Commercially available kit or:

- 1 Asstd. Bandages (Band-Aids™)
- 2 Hemostatic blood stopper gauze (various brands)
- 3 4, 3-inch gauze pads
- 4 Large wound dressing
- 5 Eyewash (1.2 oz.)
- 6 Single edge razor blade
- 7 Splinter tweezers
- 8 Small scissors
- 9 Neosporin or triple antibiotic cream
- 10 Hydrocortisone cream

- 11 Antacid tablets
- 12 Laxative tablets
- 13 Tylenol, Advil, etc.
- 14 2 pair latex gloves
- 15 1-roll self-adhesive tape
- 16 Tourniquet device such as the CAT™ or SWAT-T

Sewing Kit

Commercially available kit or:

- 1 Assorted pins and safety pins
- 2 Assorted needles
- 3 Assorted small roles of thread
- 4 Assorted buttons
- 5 Thimble

Fishing Kit

Speed Hook™ fishing device and or:

- 1 Assorted fish hooks
- 2 Fishing line
- 3 Assorted sinkers
- 4 2 corks for floats
- 5 Plastic worms and other lures

Tool-ach, filling and/or denture repair kit Dental repair kit

Purchased at pharmacies

What to Have in Outdoor Survival Kits

Outdoor survival kits are intended for coping with unexpected, short-duration outdoor emergencies such as being caught in a storm, getting lost, or being injured. The content of the kit depends on the users outdoor activities. A kit intended for a day-hike would be different than one for a hunter or a mountaineer. The outdoorsman usually carries a canteen of water and a knife, and will be adequately clothed for the environment so these are usually not part of the kit. Rescue is a primary issue here so a cell-phone, flairs, smoke, signal mirrors and whistles are often included. Fire starting matches and/or magnesium sticks, energy bars and/or jerky provide sources of warmth sustenance and signaling. Staying dry is a primary survival need, so a good rain poncho is an indispensable item. If you don't carry a compass normally, then one should be in this pack. A few basic first aid items and pain medication should be included. There are many versions of Mylar™ survival sleeping bags and blankets that are light, small and fairly effective in preserving body heat, so one of these should be included. A pair of heavy socks is a good addition to any outdoor kit, since they can replace wet socks or be used as mittens in an emergency. Always inform other of your intended rout and anticipated return time before venturing into the outdoors. Your survival kit is intended to sustain you and aid in rescue for a few

days, but if no-one knows you are missing or where to search for you, these items may not be enough.

1. Water and water purification methods: Depending on the climate a quart or two of water should always be carried with water purification tablets or a Survival Straw as a backup.
2. Fire starter: You should have at least two methods of fire starting such as a lighter and a magnesium striker.
3. Shelter and warmth: Depending on the size of your kit this can be a small Mylar Survival Blanket or Survival Sleeping Bag or a bit larger Emergency Sleeping Bag or Space Blanket.
4. Signaling devices: Whistles, signal mirrors, flairs, and smoke bombs are essential to summon help.
5. Extra socks: A spare pair of socks can replace cold wet sock or lost mittens in cold conditions.
6. Rain poncho: a major rule of survival is "never get wet".
7. Wool cap: Weather can change quickly. A wool cap can significantly improve your body warmth.
8. A small flashlight: This will be essential for moving at night and for attracting attention.
9. First aid items: a few bandages, hemostatic pads and a tourniquet should be included
10. Medications: Always carry several days' worth of your prescription medications along with some pain relievers.
11. A compass and maps: If you have these you should not be getting lost.
12. Short-term nourishment: Include some trail-mix, energy-bars or other non-perishable foods.
13. A knife and/or multi-tool: If your outdoors you should already be carrying one of these, but if not have it in your kit.
14. A weapon: If you can anticipate any kind of animal or human threat while in the wilderness then carry an appropriate weapon. A pepper spray may be adequate. Of course if you're hunting or just normally carry a firearm in the outdoors you have this covered

What to Have in Your Vehicle Emergency Kit

The majority of the population spends from several hours to over four-hours per-week in personal transportation vehicles. Vehicles and their occupants are highly vulnerable to a variety of emergencies. Storms, blizzards, floods, earthquakes, civil disorder and other events can leave the driver stranded or trapped for days. Mass-disasters can result in thousands of stalled, wrecked and trapped vehicles, while cellphone service is down and emergency services are overwhelmed. Driving through rural areas can result in being lost or off the road when no-one is looking for you. In such events, you may be on your own for several days before help arrives. While vehicles provides shelter from rain and

wind, they radiant heat making freezers in the winter, so blankets, survival bags and warm drinks become a priority. Methods for signaling for help and marking your location such as flairs, flashers and flashlights are a must. While food is generally not a priority for short-term survival. It does help to maintain moral, and could be important for extended situations. Vehicle support items such as toe-chains, jumper, cables, and emergency starter units may be a good investment. In colder climates shovels, cat-litter and carpet sections may help to get out of snow-drifts. Accidents often result in injuries, so a first aid kit is essential. Last but not least, always have a fire extinguisher in your vehicle, this can mean the difference between damage and a total loss. While many of the items listed are essential, some depend on what kind of weather and road conditions you anticipate.

1. Water: Four-to-six sixteen-ounce bottles of water should be carried in each vehicle at all times
2. A high-quality, high powered flash light: Some models include multi-colored flashing lights for emergencies.
3. Road flairs and reflectors: These can be placed so as to prevent your being struck by other vehicles.
4. A basic first aid kit: These are available are most auto-supply stores and pharmacies.
5. Cat litter or sand: This can be essential to get out of ice and snow.
6. A shovel or folding shovel: useful for digging out of snow and mud
7. A tow rope or chain; this will help others pull you out of ditches and snow drifts. You may opt for a block-and-tackle- or a come-along device that you can use to pull you vehicle even without help.
8. A set of jumper cables: This helps you get started if you battery goes dead. Better yet carry a fully charged portable power-pack.
9. A fire extinguisher: Most automotive fires can be quickly extinguished, but if you don't have an extinguisher all is lost.
10. A blanket: This can be a true wool blanket, a Mylar rescue blanket or a Mylar sleeping bag depending on space available.
11. Non-perishable food bars: A few energy-bars and caffeinated stay-awake drinks often found at gas-stations and convenience stores will help you get through most situations.
12. Ten or twelve tea candles: These should be wrapped in aluminum foil and kept with some matches. Place the foil on the dashboard and place one or two candles on it. The lighted candles can significantly warm the passenger compartment. You can even warm beverages over them.
13. Work gloves: Needed for warmth and work.
14. A can of Fix-A-Flat, tire inflator repair.
15. Hand wipes and rags:
16. Rain Poncho: Rain and wind protection in case you have to walk to get help

17. A knife and/or multi-tool: always needed for various repairs and improvisations

What to Have in Survival Caches

Caches are items stored in locations away from home. They contain no perishable items, but must be stored in weatherproof containers in locations that you can access, but where they will not be found and looted by others. Caches may not be practical for everyone. The contents of a “survival cache” fall into two categories. First is the “backup” cache that would contain a complete (but perhaps smaller) survival pack in the event your home pack is lost or inaccessible. Second would be the “supplemental” cache that would contain items you would need for extended survival beyond what you have in your pack. The contents of a supplemental cache could include: a tent, blankets, tarps, food, fuel, tools, ammunition, clothing and medical supplies.

What to Have At Home

In most cases it will be safer and more desirable to stay home and ride out an emergency. If things get really bad you have your packs, but here are some of the items you will want to have at home. The goal is to be able to hold out for 30-days without outside sources of food, water, fuel, defense, medical aid, heat or power. A “list” of exact items would depend on the number of people in the home, the climate, the available family budget and the location. So the following guide is provided.



Water: While 30-gallons of water per person is recommended, it may not be practical. 5-gallons for each person stored in one or more plastic containers with 4-8 drops of bleach added to each gallon is recommended. Keeping water in anything over 5-gallons is not recommended. What if that one big barrel leaks? What if you need to move the water supply? You also have drinkable water in

your hot water heater. You just cannot have too much water purification capacity.

List:

1. 10 x 2-gallon full water jugs and 2 x 5-gallon full water jugs
2. 2, 1 oz. 50 tablet iodine water purification tablets
3. 1 MSR™ or Katadyn™ water filtration system with extra filters

Water purification: There are all kinds of water purification systems available. Tap water may be contaminated and you do not have fuel to boil it. You may have to use rainwater, pond water, river water or sump water. A good water filtration and purification system will be critical for emergencies lasting longer than 4-5 days. If you do not have a filter system, you can use coffee filters and 8-drops of bleach per gallon.

Food: You probably have 5-8 days of canned and frozen food in the house normally. You can go with costly dehydrated foods if space is a problem, but otherwise go with dry and canned foods you can rotate. Dried fruits, beans, lintels, rice, corn meal, oatmeal, nuts, wheat, pasta, sugar, coffee, and other long term storable can be further preserved by vacuum packaging*. Canned vegetables and meats (Spam™ corned beef, beef stew, chicken & dumplings, pork & beans) usually have a two-year marked shelf life. They actually keep longer, but rotation is recommended. Powdered milk or condensed milk. Things like honey, molasses, vinegar and syrup, last indefinitely. A 30-day supply of meals at approximately 2000 calories per day is recommended. Below is just a sample list of items to consider.

List:

1. 10 cans of Spam or other canned meats
2. 10 cans of sardines and tuna
3. 10# of powdered eggs
4. 20# off rice
5. 20# of potato flakes
6. 50# Of Red beans
7. 50# of lima beans
8. 50# of Wheat
9. 50# of oatmeal
10. 50# of dry milk powder
11. 50# of white beans
12. 50# Of rye
13. 50# Of corn meal
14. 20# Of raisins
15. 20# of figs
16. 10# of prunes
17. 10# of mixed nuts
18. 20# of coffee or tea

19.20# of sugar or honey

* Vacuum packing devices and reusable bags are available at most hunting supply stores and kitchen supply stores ranging in price from \$50.00 to \$400.00

Sanitation Supplies: You are going to need bleach for water purification, sanitizing body waste and possibly decontaminating equipment. Have at least 3-4 gallons on hand at all time. Rotate to keep a full strength supply. Hand soap, toilet paper, dish washing and cloths washing soaps, cloths line, cloths pins, tooth paste and mouth wash are other things you should always be overstocked on. Have a package of heavy-duty plastic bags and a shovel. Remember the toilet may not work and the garbage will not be picked up.

List: 4-gallons of bleach, 10 roles of toilet paper, 10 bars of soap, 2-gallons of laundry detergent, 50 feet of cloths line, 50 cloths pins, 6 boxes of large trash bags, 4 bottles of dishwashing liquid.

Heat: Most furnaces will not run if the power is off and generator big enough to power the furnace fan will eat a lot of gasoline. You can light your oven (if you have gas) manually to heat the kitchen. Buy 2 or 3 good camp heaters and lots of fuel cylinders. Have a good two-burner camp stove.

Light, etc.: Several good LED flashlights are a must. Crank powered flashlights, lanterns and emergency (AM/FM/ Weather) radios provide long term light and information without needing extra batteries. Stock up on good long-burning candles and matches. Good glass enclosed candle lanterns are recommended for safety.

Electricity?: Electricity is a luxury not a necessity. You need enough power to run your refridgerator and/or freezer until you use up the contents or the power comes on. You may need power for a sump pump or water pump. Stay small and stretch your fuel supply. A 2000 – 3000 watt generator should be plenty. Even a 1000 watt generator will run a sump pump and alternately run a small deepfreeze. Don't get dependent on a generator for long term situations as fuel may not be available or may be too costly.

Shelter: Have lots of plastic sheeting and duck tape for covering damaged roofs and windows. Pick one room in which you will live, cook, eat and sleep. Seal this room off to maintain heat from your heaters. You cannot heat your whole house with your limited heaters. Use them to heat one room and keep pipes from freezing if you can. Have good sleeping bags for every family member capable of keeping everyone warm down to the lowest temperatures in your area. Consider haven a dome-tent that can be put up inside your house. It will be much easier to keep warm, light and safe than the whole house.

Fire Protection: You cannot afford a fire! Using candles, camp stoves and heaters greatly increase the risk of fire and of carbon monoxide. Be sure your smoke and CO detectors are working in the living area. Have several ABC fire extinguishers on hand. A garden pump sprayer filled with water is good for putting out wood, paper and brush fires.

Defense: Choice of home defense weapons depends on where you live. While you may need to consider the weight of the weapon and ammunition for the pack, this is not a problem for home defense. If you live in the city or semi-urban areas where crime and looting are the main concern a combination of a large caliber handgun such as a Glock, SIG-Sauer or Smith & Wesson in 40 or 45 caliber or 9 mm and a reliable (e.g. Remington, Browning, etc.) pump, 12-gauge shotgun. For home defense select shotguns with 24" barrels. You will want at least two extra magazines for the handgun and lots of extra ammunition for both weapons. If you live out in the country you probably already have some firearms. If you have just one weapon, make it a 12-gauge shotgun. Any length is okay since you will probably use it for hunting also. A reliable handgun to carry is still recommended, but good rifle is more practical in the countryside. This is way too broad a subject to cover here, but select a reliable rifle for which parts and ammunition will be most available. This means 5.56, 223 Rem. , 308 Win., 30-30, 7.62x39 Rus., for rifles like the AK-47, Mini-14, and M&P 15.

First Aid:

First and foremost stock up on your prescription medications. Hoard any antibiotics and pain killers while you can. Although most medications expire in 2-years, they are often effective for much longer. Especially if vacuum packed and kept cool. You must have a basic first aid book to assure proper procedures. The following is a partial list that could be expanded depending on your needs and skills.

List:

1. 1, Pkg. Blood stoppers (Celox™, QuikClot™, and HemCon™) powder or dressing
2. 1, 8oz. tube, Antibiotic ointment (e.g. Neosporin 9tm)
3. 1, 8 oz. tube, Hydrocortisone Cream
4. 1, 8 oz. Tube Burn Ointment
5. 1, bar, Antibacterial Soap
6. 12, Alcohol swabs
7. 1, bottle, Non prescription pain medication (e.g. Tylenol™)
8. 1, bottle, Non Prescription antacid
9. 1, bottle, Non prescription antidiaretic
10. 1, bottle, Non prescription laxative
11. 1, bottle, Non prescription cold and allergy medications
12. 1, 3 oz. Eye drops
13. 1, 2-inch elastic bandage
14. 1, 3-inch elastic bandage

- 15.2, triangle (cravat) bandage/sling
- 16.24, Assorted small bandages (Band-Aids™)
- 17.12, 2x2" gauze pads
- 18.12, 3x3" gauze pads
- 19.12, 4x4 gauze pads
- 20.12, Safety Pins (large)
- 21.1-pair, EMT Shears
- 22.1-pair, Splinter forceps and/or tweezers
- 23.4, Single edge razor blades or scalpel blades with blade holder
- 24.1, Tooth ace kit (available at drug stores)
- 25.6-pair, Latex gloves your size.
- 26.1-roll, 1" self-adhering tape
- 27.1-roll, 2" self adhering tape
- 28.1-roll, ½ " medical tape

Miscellaneous: Hopefully you have a stock of tools at home, but you may need big crowbars, good shovels, hand saws, heavy hammers, axes and tools that do not require electricity. **Be sure you have the right wrenches to turn of gas and water valves in a hurry.** A chain saw may come in handy (while you have fuel) to clear fallen trees and cut firewood. Have an old-fashioned coffee pot to replace that useless coffee maker. If your basement floods or you get your water from a well you need to consider hand and/or solar powered pumps for long-term use.

The Mission of Live Free, USA

It is the mission of Live Free, USA is to promote and support self-reliance, self-sufficiency, self-protection for responsible people of all races, religions and nationalities.



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