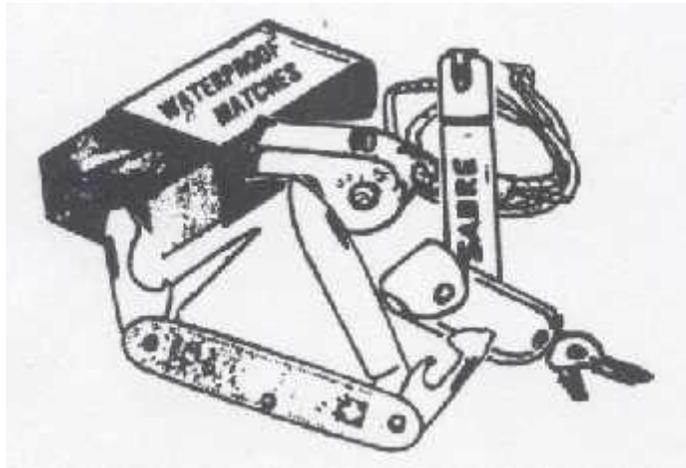


Survival-Lists

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 way 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

Things 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 caliber 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.



Things You Should Have In Your Survival/Evacuation Pack

Every family member should have a survival/evacuation pack. Even if you do not evacuate, the items in it will be of great help for home survival. Having such a pack is insurance and peace-of-mind in troubled times. If you need it and don't have it, it will be too late to get the items and pack them up. Having a survival pack is the duty of every responsible citizen and the hallmark of a patriot. The pack items are packed in a CamelBack TM Commander, but also fit into a Northwest Territory TM backpack or the military ALICE pack "medium". They would weigh about 25-pounds fully loaded and contains everything I would need for water, shelter, food, medical aid, NBC protection, first aid and other needs for up to 7-days. You will note double and triple items to cover water, fire, food and shelter.

3. 6–9 LED Flashlight. Battery or crank
4. Compact camp shovel or garden trowel
5. Miniature crank radio with AM/FM/WB
6. SAS miniature Survival Guide book
7. 2 large smoke bombs
8. 100 ft. utility cord.
9. Wool watch cap
10. Lensatic compass, military type
11. Pkgs. of energy bars and trail snacks
12. Blood stopper (Cellox™ or other)
13. Spare prescription eyeglasses
14. Prescription medications (reserve supply)
15. Water purification tablets
16. Waterproof matches
17. (2) N95 Or N99 dust/mist respirators
18. Small roll of electrical tape
19. Notebook and pencil

Main Compartments

1. HD Rain Poncho (on top for quick access)
2. HD SpaceBlanket™ aluminized with grommets
3. Insulated blanket or light sleeping bag tied to outside of pack
4. Tube tent or 12' x 12' 3 mil, plastic tarp
5. Lg. Tyvek™ chemical protective coverall with hood
6. 2 Chemical Lightsticks
7. 1 small towel
8. 1, 12' x 24' HD Aluminum foil
9. 1 cooking kit, German WWII (should include one deep pot)
10. 1 folding stove MRE™ Pocket Rocket
11. 2, 3.6 oz. Gas fuel cylinders for stove
12. 1 pkg. Fire starter bars
13. 1 Knife, fork and spoon set
14. 3 Mountain House™ freeze-dried meals
15. 16 oz. dried lentil beans (or, corn meal, oatmeal, rice or pasta, etc.)*
16. Ramen™ noodle soup mix
17. 16oz. Spam™ canned meat
18. 5 oz canned sardines
19. 18-bar pkg. Datrex™ marine e-rations (last resort food)
20. 10 single serve coffee bags and sugar pkgs*.

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

Kits Packaged in Plastic Bags In 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 Toilet paper
- 5 Toothbrush
- 6 1 or 2 razors
- 7 1 pair of latex gloves
- 8 1 lg. Washcloth
- 9 1 1.25 oz insect repellent
- 10 Nail clippers
- 11 small stainless steel camp mirror

First Aid Kit

Commercially available kit or:

- 1 Assorted Bandages (Band-Aids™)
- 2 Blood stopper (various brands)
- 3 4, 3-inch gauze pads
- 4 Eyewash (1.2 oz.)
- 5 Single edge razor blade
- 6 Splinter tweezers
- 7 Small sizzors
- 8 Neosporin or triple antibiotic cream
- 9 Hydrocortisone cream
- 10 Antacid tablets
- 11 Laxative tablets
- 12 Tylenol, Advil, etc.
- 13 2 pairs latex gloves
- 14 1-rolle self-adhesive tape

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

- 1 Assorted fish hooks
- 2 Fishing line

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 may 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 add 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, lentils, rice, corn meal, oatmeal, nuts, wheat, pasta, sugar, coffee, and other long term storable foods 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# of 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 clothes washing soaps, clothes line, clothes 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 rolls of toilet paper, 10 bars of soap, 2-gallons of laundry detergent, 50 feet of clothes line, 50 clothes pins, 6 boxes of large trash bags, 4 bottles of dishwashing liquid.

Heat: Most furnaces will not run if the power is off and a 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 refrigerator 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 duct 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

having 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 9 mm, .40 or .45 caliber 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 a 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 readily available. This means 5.56mm, .223 Rem., .308 Win., 30-30, 7.62x39mm, for rifles like the AK-47, Mini-14, and AR15.

First Aid:

First and foremost, stock up on your prescription medications. Acquire 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)
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, 2"x2" gauze pads
- 18. 12, 3"x3" gauze pads
- 19. 12, 4"x4" 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, Toothache 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

Note: Excellent first aid kits can be purchased from: Adventuremedicakits.com, 1-800-324-3517

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.

What to Have In You Vehicle

Getting stranded in a storm or finding that a natural or man-made disaster will prevent you from reaching your home or other emergency supply sources for some time is what this survival kit is designed for. These can be kept in a duffle bag or a small backpack for easy access and (if necessary) movement from your vehicle.

- 1. Jumper cables or a charged battery booster
- 2. Fix-A-Flat™
- 3. A small fire extinguisher
- 4. Road flares and or reflectors
- 5. A small folding shovel
- 6. A blanket
- 7. Heavy gloves
- 8. A flashlight, preferably with an orange flasher attachment

9. Bottled water
10. Energy bars
11. A stocking cap
12. Extra socks
13. Candles and HD aluminum foil to set on dashboard for light and some heat
14. Matches
15. HD Tow rope
16. Pen and paper to leave notes on the vehicle (where did you go? How can you be contacted?)
17. Pocketknife or multi-tool knife
18. Small first aid kit

Outdoor Butt Pack

This is a pack that you might carry on hunting or fishing trips or maybe as a light backup survival pack. This could be your “starter” kit until you can build up a full survival pack. It is designed for short term (a few days) all weather survival, with the goal of reaching help or being rescued. These supplies would be carried in a multi-compartmented butt-pack or light daypack. This is a maximum size kit. You may want to trim it (pick and choose items) for your own needs, but do not overlook shelter, warmth, water and signaling capabilities.

List:

1. 1 qt. (minimum) water
2. 1 bottle of water purification tablets and/or water filtration straw
3. 1-miniature survival manual or survival cards
4. 1 Miniature (pin on) compass
5. 1 signal whistle
6. 2 flares and/or orange smoke bombs
7. 1 Multi-tool or Swiss Army TM knife
8. 1 durable “Space Blanket” or disposable “Emergency Blanket”
9. 1 plastic rain poncho
10. 1 stainless steel Sierra TM Cup or canteen cup (to heat water, etc.)
11. 1 can of Sterno TM or 6-8 heat tablets
12. 1 Magnesium fire starter
13. 1 small LED flashlight
14. 2 Tea candles
15. 1 Pen and 6 index cards (to write notes, e.g. “I headed north at 3:00 PM”)
16. 1 12” x 24 “ sheet of folded HD aluminum foil (mirror, heat reflector, etc.)
17. 2 Vacuum packed energy bars and/or candy, bullion, jerky, etc.
18. 1 N-95 dust/mist mask (dust, cold air, etc.)
19. 1 small first aid kit with assorted bandages, pain relievers, antiseptics, etc. in a plastic bag

Optional (if room)

1. 1 Wool stocking cap
2. 1 pair of heavy socks
3. 1 weapon (e.g. pepper spray, .22 caliber pistol, etc)

Inspect Your Emergency Supplies Regularly!

There is nothing much worse than reaching for your emergency equipment when you really need it and finding that critical equipment and supplies are not usable. Batteries leak and decay, food goes stale and loses nourishment, plastic, cloth and rubber can weaken. Dampness and mold can get in. Inspect your emergency supplies at least every 6-months. Replace and rotate in fresh items as needed. Update your equipment. There are newer and better items coming out all the time.

Sources

Here are a few sources for the items listed above. Send for their catalogues or shop online.

Emergency Essentials

Be Prepared.com
1-800-999-1863
653 N. 1500 West
Orem, UT 84057

Campmor

Campmor.com
1-800-226-7667
P.O. Box 600
Mahwah, New Jersey, 07430-0680

Cheaper Than Dirt

CheaperThanDirt.com
1-800-421-8047
P.O. Box 162087
Fort Worth, TX 76161

Golden Nugget Surplus

GoldenNuggetSurplus.com
1-800-942-8769
215 Glob Street
Radcliff, KY 40160-9504

Brigade Quartermaster

BrigadeQM.com.
1-800-338-4327

1025 Cobb International Dr.
Kennesaw, GA 30152

Cabela's

Cabelas.com
1-800-237-4444
One Cabela Dr.
Sidney, NE 69160

Paladin Press (survival books, etc.)

Paladin-press.com
1-303-443-7250
Gunbarrel Technical Center
7077 Winchester Circle
Boulder, CO 80301, USA

Publications of Live Free, USA

*Live Free, USA members receive Six issues of **AMERICAN SURVIVOR**, containing practical information on how to prepare for and survive natural and man-made disasters, sources and book reviews to help readers become more self-reliant and warnings about new threats to safety, survival and personal freedoms. Members also receive periodic issues of **LIVE FREE REPORT**, keeping them up to date on all Live Free programs and activities. Over 80 titles of the **Survival Papers** are available to members at a discount. These papers cover a wide variety of emergency preparedness, survival, and self-reliance information. These are also available on CD's. **MEMBERSHIP IS JUST \$20.00***

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.



Live Free, Box 3295, Munster, IN 46321, USA.

E-mail lfinow@aol.com

Copyright ©, Live Free, USA, Munster, IN 2008, All rights reserved