

# **Prepper Supplies Checklist**

Goal Reached:	72hr Bugout	6 months	1 year	2 years	Self Reliant
Food	O	O	O	O	O
Water	O	O	O	O	O
Energy/Fuel	O	O	O	O	O
Warmth/Light	O	O	O	O	O
First Aid	O	O	O	O	O
Hygiene	O	O	O	O	O
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72	Phr Bugout	Ноте
Communication	O	O
Financial	O	O
Kitchen Supplies	O	O
<b>Protection &amp; Huntin</b>	g O	O
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## **Food Supplies Checklist**

<u>Grains:</u>	<u>#lbs You Have</u>	<b>Location</b>	<u>#lbs</u>	You Need	
Minimum: 30 lbs of grain	per person per month. Total famil	y membersx 30 =	x by	months supply =	lbs
Flour					
Corn Meal			_		
Rice			_		
Pasta			_		
Popcorn			_		
Pancake Mix			_		
Rolled Oats Hot Cereal			-		
Hot Cereal			-		
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Total:		PreppersSurvive.com	_		
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Roone & Loguma	g•				
Beans & Legume	<u>s:</u>				
	S: per person per month. Total famil	ly membersx 10 =	x by	months supply =	lb.
Minimum: 10 lbs of beans		ly membersx 10 =	x by	months supply =	lb.
Minimum: 10 lbs of beans Black Beans		ly membersx 10 =	x by 	months supply =	lb.
Minimum: 10 lbs of beans Black Beans Pinto Beans		ly membersx 10 =	x by  	months supply =	lb.
Minimum: 10 lbs of beans Black Beans Pinto Beans		ly membersx 10 =	x by	months supply =	lb.
Minimum: 10 lbs of beans Black Beans Pinto Beans		ly membersx 10 =	x by   	months supply =	lb
Minimum: 10 lbs of beans Black Beans Pinto Beans Split Pea		ly membersx 10 =  PreppersSurvive.com	x by	months supply =	lb
Beans & Legume Minimum: 10 lbs of beans Black Beans Pinto Beans Split Pea  Total:  Dairy Products:			x by	months supply =	lb.
Minimum: 10 lbs of beans Black Beans Pinto Beans Split Pea Total: Dairy Products:	per person per month. Total famil	PreppersSurvive.com	- - - - -		
Minimum: 10 lbs of beans Black Beans Pinto Beans Split Pea  Total: Dairy Products: Minimum: 2 lbs of dairy p		PreppersSurvive.com	- - - - -		
Minimum: 10 lbs of beans Black Beans Pinto Beans Split Pea  Total: Dairy Products: Minimum: 2 lbs of dairy p	per person per month. Total famil	PreppersSurvive.com	- - - - -		
Minimum: 10 lbs of beans Black Beans Pinto Beans Split Pea Total: Dairy Products: Minimum: 2 lbs of dairy p Powdered Milk Condensed Milk	per person per month. Total famil	PreppersSurvive.com  membersx 2 =	- - - - -		
Minimum: 10 lbs of beans Black Beans Pinto Beans Split Pea Total: Dairy Products: Minimum: 2 lbs of dairy p Powdered Milk Condensed Milk	per person per month. Total famil	PreppersSurvive.com  membersx 2 =	- - - - -		
Minimum: 10 lbs of beans Black Beans Pinto Beans Split Pea  Total: Dairy Products: Minimum: 2 lbs of dairy p	per person per month. Total famil	PreppersSurvive.com  membersx 2 =	- - - - -		
Minimum: 10 lbs of beans Black Beans Pinto Beans Split Pea  Total: Dairy Products: Minimum: 2 lbs of dairy p Powdered Milk Condensed Milk Cheese	per person per month. Total famil	PreppersSurvive.com  members x 2 =	- - - - -		
Minimum: 10 lbs of beans Black Beans Pinto Beans Split Pea Total: Dairy Products: Minimum: 2 lbs of dairy p Powdered Milk Condensed Milk	per person per month. Total famil	PreppersSurvive.com  membersx 2 =	- - - - -		

Meats / Meat Substitutes:					
Minimum: 2 lbs of meat per person per month. To	otal family members	x = x =	_x byn	nonths supply =	lbs
Beef -(canned/freeze dried/frozen)  Chicken  Ham  Powdered Eggs  Tuna			  		
Total:	Prep	persSurvive.com			
Fats & Oils:					
Minimum: 2 lbs of fats & oils per person per mor	nth. Total family me	embersx 2 =	x by	months supply	=lbs
Peanut Butter  Cooking Oil  Butter/Margarine  Mayo/Salad Dressing			   		
Total:		persSurvive.com			
Sugars:					
Minimum: 5 lbs of sugars per person per month.	Total family membe	ersx 5 =	x by	months supply =	lbs
Granulated Sugar  Brown Sugar  Honey/Molasses  Corn Syrup  Jellies  Fruit -(canned/freeze dried/frozen)  Fruit Drink Mix					
Total:	Prep	persSurvive.com			
Vegetables:					
Minimum: 5 lbs of veggies per person per month.	Total family memb	oersx 5 =	x by	_ months supply =	lbs
Canned Freeze Dried Dehydrated (potato flakes)			  		
Total:	Prep	persSurvive.com		_	

# **Water Checklist**

Minimum: I gallon of water per person per day. Total	$family\ members\ \underline{\hspace{1cm}} x\ I = \underline{\hspace{1cm}} x\ by\ \underline{\hspace{1cm}}$	days supply =gallor
Water	PreppersSurvive.com	Location
O Large Capacity Water Purification Method	(filter)	
O 2 <sup>nd</sup> Water Purification Method (water distil	ller)	
O 3 <sup>rd</sup> Water Purification Method (bleach)		
O Bathtub Water Storage Liners		
O Containers for Collecting/Transporting Wa	ater	
O Containers for Storing Water		
O Rain Gutter Catchers		
O Water Bottles or Canteens 32oz		
O Water Reservoirs 100oz - CamelBak®		
O Water Siphon		
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O A way to get water if you no longer have a	ccess to your main water supply	
Gallons of water you have:	How long it will last: _	
Gallons you can purify with your filters:	How long it will last:	
Gallons of water you still need:	How many filters do you	ı still need:

## **Alternative Energy Checklist**

So	urce PreppersSurvive.com	Location				
О	Off-grid Energy Source (example: generator)					
О	2 <sup>nd</sup> Off-grid Energy Source (example: solar panels)					
О	3 <sup>rd</sup> Off-grid Energy Source (example: wind turbine)					
О	Car Power Inverter					
О	Energy Storage (deep cycle car batteries) + 1000 Watt Power Inverter					
О	Extension Cords					
Ο	Landscape Lighting Using Rechargeable AA Batteries/Solar Battery Charge	r				
Ο	Portable Solar Charger					
Ο	Rechargeable AA Batteries					
О	Regular Batteries AAA, AA, C, D (flashlights, radios, etc.)					
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	Fuel Checklist					
О	Charcoal Briquettes					
О	Firewood + Chainsaw, Ax & Hatchet					
О	Fire-starters (magnesium, lint, tinder, lighter fluid)					
О	Gasoline					
О	5 Gallon Gas Cans					
О	Gas Siphon					
О	Kerosene					
О	Propane					
О	Matches & Lighters					
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# **Warmth Checklist**

So	urce PreppersSurvive.com	Location					
О	Off-grid Warmth Source (example: fireplace)						
О	O 2 <sup>nd</sup> Off-grid Warmth Source (example: propane heater)						
О							
О	Blankets - Wool, Jean, Down, Heavy						
О	Coats (for below zero degree weather and waterproof)						
О	Cold Weather Clothes/Snow Clothes						
О	Insulated Boots						
О	Sleeping Bags – Below Zero Degrees						
О	Well Insulated Room (where the whole family can sleep)						
О	Wool Socks						
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	Light Checklist						
О	Off-grid Light Source (example: kerosene lamp)						
О	2 <sup>nd</sup> Off-grid Light Source (example: crank lantern)						
О	3 <sup>rd</sup> Off-grid Light Source (example: solar light)						
О	Candles						
О	Candle Lanterns / Battery Lanterns (helps to prevent home-fires)						
О	Flashlights – LED Battery Operated & Kinetic or Crank						
О	Landscaping Lights						
О	Headlamps						
О	Glow Sticks						
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# First Aid Checklist #1

<b>Items:</b> PreppersSurvive.com	You Have	Location	<u> You Need</u>
O Allergy Medicine (Antihistamine)			
O Antacid			
O Antibiotics			
O Anti-Constipation Capsules			
O Anti-Diarrhea Pills			
O Aspirin (Heart Problems)			
O Cranberry Pills (Bladder Infections)			
O Cough Drops			
O Ibuprofen® (Anti-Inflammatory)			
O Tylenol® (Fever Reducer)			
O Charcoal Capsules (Poison Absorber)			
O Prescriptions			
O Vitamins			
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# First Aid Checklist #2

Items: PreppersSurvive.com	<b>You Have</b>	<b>Location</b>	You Need
O Antibiotic Ointment			
O Anti-Fungal			
O Antiseptic- Alcohol Prep Pads 200ct Box			
O Bandages - Triangle			
O Band Aids - Waterproof			
O Quickclot® – Stops Bleeding Fast			
O Blood Pressure Kit (Manual)			
O Burn Cream (Lidocaine)			
O Dental Emergency Kit			
O First Aid Booklet			
O Gauze 4x4 Pads & Rolls			
O Hemorrhoid Cream			
O Instant Cold Packs			
O Krazy Glue®			
O Medical Tape			
O Medical Scissors/Trauma Sheers			
O Moleskin			
O Petroleum Jelly (Vaseline)			
O Rash Cream (Hydrocortisone)			
O Headlamp/Flashlight – Bright LED			
O Leatherman® (remove splinters & bullets	s)		
O Scalpel & Razors			
O Sewing Kit			
O Snake Bite Kit			
O Splint –SAM® (can splint every bone in the boo	dy)		
O Support (Knee, Ankle, Wrist)			
O Surgical Gloves			
O Surgical Masks			
O Self-Adherent Wrap - Coban®			
O Thermometer (Non-Digital)			
O Tourniquet – CAT (2)			
O Tweezers			
O Yeast Infection Cream			

# **Hygiene Checklist**

Hygiene	PreppersSurvive.com	You Have	<b>Location</b>	You Need
O Baby V	Vipes			
O Barber	Comb & Scissors			
O Chap-s	stick - Carmex®			
O Cotton	Swabs			
O Dental	Floss			
O Deodo	rant			
O Hair B	rush & Hair-ties			
O Hand S	Sanitizer			
O Hair Sl	hampoo & Conditioner			
O Lime (	Oil (removes sap & soot)			
O Lotion				
O Nail C	lippers			
O Off-gri	id Toilet			
O Sanitar	ry Pads			
O Soap -	Bar Soap / Body Wash			
O Soap –	Antibacterial Hand Soap			
O Soap –	Laundry Detergent			
O Straigh	nt Razor & Sharpener			
O Toilet	Paper			
O Toothb	orushes			
O Toothp	paste			
O Tweeze	ers			
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# **Communication Checklist**

So	urce PreppersSurvive.com	Location				
О	Off-grid Communication Source (ex: shortwave radio)					
О	2 <sup>nd</sup> Off-grid Communication Source (ex: cb radio)					
О	3 <sup>rd</sup> Off-grid Communication Source (ex: ham radio)					
О	AM/FM Radio + List of Local Radio Stations					
О	Battery Bank					
О	Cheat-sheet for Morse Code					
О	Cheat-sheet for Phonetic Alphabet					
О	Emergency Numbers saved on your cell phone & posted in your home					
О	Family & Friends – Addresses, Phone Numbers, & Communication Tree					
О	Faraday Cage					
О	Flares					
О	Forever Stamped Postcards, Forever Stamps, Stationery, Pencils					
О	Long-range Antennas					
О	Maps of Local Areas & National Atlas, Compass, GPS					
О	NOAA Weather Radio					
О	Walkie-Talkies					
О	Whistles					
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## **Financial Checklist**

$\mathbf{W}$	ork Towards Freedom	PreppersSurvive.com
О	Debt-Elimination Plan	0
О	Emergency Saving Fund \$1000	0
О	Live within a Budget	0
О	Set Financial Goals	0
О		0
<u>Cı</u>	reate a Shelter	
Ο	Auto Insurance	0
Ο	Cash on Hand \$1000	0
Ο	Debt-free	0
Ο	Emergency Saving Fund – 6 Months Worth of Expenses	0
Ο	Food Storage – 6 Months	0
Ο	Health Insurance	0
Ο	Home/Renters Insurance	0
Ο	Life Insurance	0
О	Will and/or Life Estate	0
<u>Bı</u>	uild a Foundation	
О	Emergency Saving Fund – 12 Months Worth of Expenses	0
Ο	Food Storage – 12 Months	0
О	Own a Car Built Prior to 1960 (Loan-free) - EMP prep	0
О	Own Your Home (Mortgage-free)	0
О	Residual Income (Become a business owner, write a book, in	envent, purchase rental property)
О		0
Pl	an for Economic Changes	
О	Discover a Renewable Commodity to Barter With (If you ov	vn solar panels you can barter energy)
Ο	Develop a Skill to Barter With	0
О	Develop a 2 <sup>nd</sup> Skill to Barter With	0
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## **Kitchen Supplies Checklist #1**

C	OOKING PreppersSurvive.com	Location	
О	Off-grid Cooking Method (example: Rocket Stove®)		
О	2 <sup>nd</sup> Off-grid Cooking Method (example: propane grill)		
О	3 <sup>rd</sup> Off-grid Cooking Method (example: solar oven)		
О	Cast Iron Cookware		
O	Cooking Utensils - Wooden & Stainless Steel		
О	Pressure Cooker		
О	Stew Pot		
О			
О			
Fo	od Preservation		
О	Off-grid Refrigeration Method (freezer with generator)		
O	2 <sup>nd</sup> Off-grid Refrigeration Method (ice box/ice chest)		
O	3 <sup>rd</sup> Off-grid Refrigeration Method (example: root cellar)		
O	Ice Maker – Off-grid		
O	Meat Grinder - Hand-crank		
O	Oil Press - Hand-crank		
O	Wheat Grinder - Hand-crank		
O	Off-grid Storing Food Long-Term (canning supplies)		
О	2 <sup>nd</sup> Off-grid Storing Food Long-Term (dehydrator)		
О			
О			
Ki	tchen Tools		
О	Can Openers - Manual		
О	Food Chopper - Manual		
О	Kitchen Knives Made From A Single Piece of Carbon Steel		
О	Kitchen Timer - No Battery		
О	Thermometers - No Battery		
О			
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# **Kitchen Supplies Checklist #2**

<b>Other</b> PreppersSurvive.com	You Have	<b>Location</b>	You Need
O Baby Food Grinder - Off-grid			
O Baking Pans - Disposable			
O Dish Soap			
O Disinfecting Wipes			
O Garbage Bags			
O Plates & Bowls - Disposable			
O Pot Holders - Leather			
O Tinfoil & Plastic Wrap			
O Utensils - Disposable			
O Water Bottles & Thermoses			
O Ziploc Bags®			
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# **Protection & Hunting Checklist**

Iten	1 PreppersSurvive.com	You Have	<b>Location</b>	You Need
ОВ	Baton / Bat			
ОВ	Bug – Repellant			
ОБ	Oog			
O F	ace Masks – Non-Dust			
O F	ace Masks – Respirator Gas Mask			
O G	Gun – Handgun			
O G	Gun – Handgun Ammo			
O G	Gun – Handgun Extra Magazines			
O G	Gun – Rifle			
O G	Gun – Rifle Ammo			
O G	Gun – Rifle Extra Magazines			
O G	Gun – Shotgun			
O G	Gun – Shotgun Ammo			
O G	Gun Cleaning Kit			
O G	Gun Safe			
ОН	Iunting Knife with Gut Hook			
O M	Machete			
O M	Mosquito Net			
O M	Motion Detector Perimeter Lights			
O P	epper Spray (compact & bear spray)			
O R	Rodent – Traps			
O R	Rodent – Poison			
O S	nare Kit			
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### **Intermediate 72 Hour Emergency Kit**

### **FOOD & WATER**

- Personal Daily Rations for Three Days
- o 32 oz Water Bottle (it's recommended to drink 8 oz, eight times throughout the day = 64oz.)
- Water Purification Tablets
- o Camping Cook Set, Utensil, Scrubbing Pad, Leather Pot Holder

### **LIGHT & WARMTH**

- Flashlight with Extra Batteries and/or Solar/Hand-crank Light
- Glow Sticks
- Candles (seal these in a Ziploc® bag to prevent oil & wax from leaking onto your other items)
- Matches, Lighter, and/or Magnifying Glass
- Flares
- Hand or Foot Warmers
- Emergency Blanket and/or Light Weight Blanket
- Sleeping Bag
- Tent

### **CLOTHING**

- Extra Clothing (shirt, pants, thermals or under armor, underwear, socks)
- o Beanie, Baseball Cap, & Handkerchief
- o Gloves & Belt
- o Poncho
- Small Sewing Kit

### FIRSTAID

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0	Lg., Med., & Sm. Bandages	o Antibiotic Ointment	o Burn Cream
0	Thermometer	o Tweezers	o Curad Bloodstop®
0	Eye Drops	o Moleskin	o Krazy Glue®
0	Pain Reliever	o Allergy Medicine	o Surgical Gloves
0	Medication/Vitamins	o Nail Clippers	o Lip Balm
OII F	TRIES		

### **TOILETRIES**

0	Toothbrush	o Toothpaste	o Cotton Swabs
0	Brush and/or Comb	o Lotion	o Hair Ties
0	Toilet Paper	o Feminine Hygiene Products	o Hand Shovel
0	Hand Sanitizer	o Small Bar of Soap	o Washcloth

### COMMUNICATION

- Radio & a List of Radio Stations o Notepad & Pencil o Calling Card
- Stamps & Postcards
   o Power Bank Battery Charger
   o Cell Phone & Charger
- o Whistle

### **MISCELLANEOUS**

0	Duct Tape	o Black Garbage Bags	o Leatherman
0	Мар	o Compass	o Scriptures
0	Pocket Knife/Razor Blade	o Pepper Spray	o Cash

- o Stress Relievers-a Favorite Book, Games, Crossword Puzzles, Toys, & Hard Candy
- An Inventory List of Everything in Your 72 Hour Emergency Kit PreppersSurvive.com

### **DOCUMENTS** - Carry Copies Of:

- o Drivers License o Picture of Family Members o Credit Card
- Contact List of Family & Friends o Birth Certificate
   Marriage Certificate

### **Checklist**

Items:	PreppersSurvive.com	You Have	<b>Location</b>	You Need
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