

Meats / Meat Substitutes:

Minimum: 2 lbs of meat per person per month. Total family members ___ x 2 = ___ x by ___ months supply = ___ lbs

Beef -(canned/freeze dried/frozen)	_____	_____	_____
Chicken	_____	_____	_____
Ham	_____	_____	_____
Powdered Eggs	_____	_____	_____
Tuna	_____	_____	_____
_____	_____	_____	_____

Total: _____ *PreppersSurvive.com* _____

Fats & Oils:

Minimum: 2 lbs of fats & oils per person per month. Total family members ___ x 2 = ___ x by ___ months supply = ___ lbs

Peanut Butter	_____	_____	_____
Cooking Oil	_____	_____	_____
Butter/Margarine	_____	_____	_____
Mayo/Salad Dressing	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total: _____ *PreppersSurvive.com* _____

Sugars:

Minimum: 5 lbs of sugars per person per month. Total family members ___ x 5 = ___ x by ___ months supply = ___ lbs

Granulated Sugar	_____	_____	_____
Brown Sugar	_____	_____	_____
Honey/Molasses	_____	_____	_____
Corn Syrup	_____	_____	_____
Jellies	_____	_____	_____
Fruit -(canned/freeze dried/frozen)	_____	_____	_____
Fruit Drink Mix	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total: _____ *PreppersSurvive.com* _____

Vegetables:

Minimum: 5 lbs of veggies per person per month. Total family members ___ x 5 = ___ x by ___ months supply = ___ lbs

Canned	_____	_____	_____
Freeze Dried	_____	_____	_____
Dehydrated (potato flakes)	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total: _____ *PreppersSurvive.com* _____

Alternative Energy Checklist

Source

PreppersSurvive.com

Location

- Off-grid Energy Source (example: generator) _____
- 2nd Off-grid Energy Source (example: solar panels) _____
- 3rd Off-grid Energy Source (example: wind turbine) _____
- Car Power Inverter _____
- Energy Storage (deep cycle car batteries) + 1000 Watt Power Inverter _____
- Extension Cords _____
- Landscape Lighting Using Rechargeable AA Batteries/Solar Battery Charger _____
- Portable Solar Charger _____
- Rechargeable AA Batteries _____
- Regular Batteries AAA, AA, C, D (flashlights, radios, etc.) _____
- _____
- _____
- _____
- _____

Fuel Checklist

- Charcoal Briquettes _____
- Firewood + Chainsaw, Ax & Hatchet _____
- Fire-starters (magnesium, lint, tinder, lighter fluid) _____
- Gasoline _____
- 5 Gallon Gas Cans _____
- Gas Siphon _____
- Kerosene _____
- Propane _____
- Matches & Lighters _____
- _____
- _____
- _____
- _____

Warmth Checklist

Source

PreppersSurvive.com

Location

- Off-grid Warmth Source (example: fireplace) _____
- 2nd Off-grid Warmth Source (example: propane heater) _____
- 3rd Off-grid Warmth Source (example: solar windows) _____
- Blankets - Wool, Jean, Down, Heavy _____
- Coats (for below zero degree weather and waterproof) _____
- Cold Weather Clothes/Snow Clothes _____
- Insulated Boots _____
- Sleeping Bags – Below Zero Degrees _____
- Well Insulated Room (where the whole family can sleep) _____
- Wool Socks _____
- _____
- _____
- _____
- _____

Light Checklist

- Off-grid Light Source (example: kerosene lamp) _____
- 2nd Off-grid Light Source (example: crank lantern) _____
- 3rd Off-grid Light Source (example: solar light) _____
- Candles _____
- Candle Lanterns / Battery Lanterns (helps to prevent home-fires) _____
- Flashlights – LED Battery Operated & Kinetic or Crank _____
- Landscaping Lights _____
- Headlamps _____
- Glow Sticks _____
- _____
- _____
- _____
- _____

First Aid Checklist #2

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

Financial Checklist

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Work Towards Freedom

- Debt-Elimination Plan _____
- Emergency Saving Fund \$1000 _____
- Live within a Budget _____
- Set Financial Goals _____
- _____ _____

Create a Shelter

- Auto Insurance _____
- Cash on Hand \$1000 _____
- Debt-free _____
- Emergency Saving Fund – 6 Months Worth of Expenses _____
- Food Storage – 6 Months _____
- Health Insurance _____
- Home/Renters Insurance _____
- Life Insurance _____
- Will and/or Life Estate _____

Build a Foundation

- Emergency Saving Fund – 12 Months Worth of Expenses _____
- Food Storage – 12 Months _____
- Own a Car Built Prior to 1960 (Loan-free) - EMP prep _____
- Own Your Home (Mortgage-free) _____
- Residual Income (Become a business owner, write a book, invent, purchase rental property) _____
- _____ _____

Plan for Economic Changes

- Discover a Renewable Commodity to Barter With (If you own solar panels you can barter energy)
- Develop a Skill to Barter With _____
- Develop a 2nd Skill to Barter With _____
- _____ _____
- _____ _____
- _____ _____

Kitchen Supplies Checklist #1

Cooking

PreppersSurvive.com

Location

- Off-grid Cooking Method (example: Rocket Stove®) _____
- 2nd Off-grid Cooking Method (example: propane grill) _____
- 3rd Off-grid Cooking Method (example: solar oven) _____
- Cast Iron Cookware _____
- Cooking Utensils - Wooden & Stainless Steel _____
- Pressure Cooker _____
- Stew Pot _____
- _____
- _____

Food Preservation

- Off-grid Refrigeration Method (freezer with generator) _____
- 2nd Off-grid Refrigeration Method (ice box/ice chest) _____
- 3rd Off-grid Refrigeration Method (example: root cellar) _____
- Ice Maker – Off-grid _____
- Meat Grinder - Hand-crank _____
- Oil Press - Hand-crank _____
- Wheat Grinder - Hand-crank _____
- Off-grid Storing Food Long-Term (canning supplies) _____
- 2nd Off-grid Storing Food Long-Term (dehydrator) _____
- _____
- _____

Kitchen Tools

- Can Openers - Manual _____
- Food Chopper - Manual _____
- Kitchen Knives Made From A Single Piece of Carbon Steel _____
- Kitchen Timer - No Battery _____
- Thermometers - No Battery _____
- _____
- _____

Intermediate 72 Hour Emergency Kit

FOOD & WATER

- Personal Daily Rations for Three Days
- 32 oz Water Bottle (it's recommended to drink 8 oz, eight times throughout the day = 64oz.)
- Water Purification Tablets
- 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)
- Beanie, Baseball Cap, & Handkerchief
- Gloves & Belt
- Poncho
- Small Sewing Kit

FIRSTAID

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

TOILETRIES

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

COMMUNICATION

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

MISCELLANEOUS

- | | | |
|--|----------------------|----------------------------|
| ○ Duct Tape | ○ Black Garbage Bags | ○ Leatherman |
| ○ Map | ○ Compass | ○ Scriptures |
| ○ Pocket Knife/Razor Blade | ○ Pepper Spray | ○ Cash |
| ○ Stress Relievers-a Favorite Book, Games, Crossword Puzzles, Toys, & Hard Candy | | |
| ○ An Inventory List of Everything in Your 72 Hour Emergency Kit | | <i>PreppersSurvive.com</i> |

DOCUMENTS - Carry Copies Of:

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

