

# The COMPLETE BOOK OF PREPPING LISTS

Take the Stress Out of  
Survival Preparations With  
Step-By-Step Lists



By Family Survival Planning

All rights exclusively reserved. No part of this book may be reproduced or translated into any language or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

[www.familysurvivalplanning.com](http://www.familysurvivalplanning.com)

Joan Crain

Family Survival Planning

# TABLE OF CONTENTS

Introduction.....	5
Top 10 List for Preparedness On a Budget.....	6
72 Hour Bags.....	7
72–Hour Bag Checklist .....	8
Vehicle Emergency Bags.....	10
Vehicle Emergency Checklist.....	11
First Aid Kits.....	13
First Aid Kit Checklists.....	14
Water Storage and Purification Methods.....	17
Water Sources.....	18
Water Storage Containers.....	19
Water Purification.....	20
Food Storage Lists.....	21
Bare Bones Basics.....	21
Three–Month Pantry Supply Checklist.....	21
Sample List of Pantry Foods.....	22
Pantry Foods Shelf Life.....	25
Long Term Food Storage List & Shelf Life.....	36
Cooking and Fuels.....	38
Emergency Lights.....	40
List of Useful Lights.....	40
Communication For Grid Down.....	41
Start Your Emergency Communications Plan.....	41
Emergency Heat and Warmth .....	42
Emergency Checklists For Your Home.....	44
Tools and Supplies.....	47
Sanitation and Hygiene.....	48
Sanitation.....	49
Basic Needs Checklists.....	50
Checklist For Adults.....	50
Checklist For Babies & Kids.....	50
Checklist For Seniors.....	51
Items To Stock For Bartering.....	52
Disaster Survival Lists.....	54
What To Do In the First Hour Checklist.....	54

Essentials for Sheltering in Place.....	56
Natural Disasters – What To Do Before, During & After.....	57
Earthquake.....	57
Tornadoes.....	62
Hurricanes.....	66
Floods.....	70
When a Wild Fire Threatens.....	73
Financial Readiness List.....	77
20 Money Saving Tips.....	79
How To Survival a Financial Crisis.....	81

## INTRODUCTION

Welcome to Family Survival Planning's "The Complete Book of Prepping Lists".

I don't know about you but I **need** lists in order to complete tasks in an organized way. I have had many people ask if there was a list for this or that and oftentimes I had one to share – but not always. So I decided to compile all the lists I had, plus add new ones to this book for the convenience of having them all in one place.

Inside you will find lists on subjects such as 72-Hour Kits for everyone, Emergency Checklist for Your Car, Food Storage Lists, Water Storage – Containers and Treatment, Light and Communication, Heat and Warmth, Cooking and Fuel, Sanitation and Hygiene, First-aid, Generators and Batteries, Tools and Supplies, and more.

[FamilySurvivalPlanning.com](http://FamilySurvivalPlanning.com) is filled with many preparedness subjects. Please visit soon.



## TOP 10 LIST FOR PREPAREDNESS ON A BUDGET

- 1. Plan** for the types of disasters that can happen in the area where you live. You may need to plan for a snowstorm instead of a hurricane.
- 2. Create** your own personalized list. You may not need everything included in “ready made” kits and there may be additional items you need based on your personal situation. For example, if you have pets, you may need special items. Don’t forget to have supplies in your car and at work.
- 3. Budget** emergency preparedness items as a “normal” expense. Even \$20.00 a month can go a long way to helping you be ready. Buy one preparedness item each time you go to the grocery store.
- 4. Save** by shopping sales. Make use of coupons and shop at stores with used goods. Don’t replace your ready kit items annually, just replace and cycle through those items that have a shelf life (e.g., batteries, food). You may want to test the radio and flashlight every September to make sure they are in good working order.
- 5. Store** water in safe containers. You don’t have to buy more expensive bottled water, but make sure any containers you use for water storage are safe and disinfected.
- 6. Request** preparedness items as gifts. We all receive gifts we don’t need or use. What if your friends and family members gave you gifts that could save your life? Don’t forget to protect them by sending preparedness gifts their way, too.
- 7. Think** ahead. You are more likely to save money if you can take your time with focused and strategic shopping. Prices will be higher right before a storm hits. Use a list to avoid duplicating items when you are stressed or panicked.
- 8. Review** your insurance policy annually and make necessary changes. When a disaster strikes, you want to know that your coverage will help you get back on your feet. Renters need policies too, in order to cover personal property.
- 9. Update** contact records. Have an accurate phone list of emergency contact numbers. If you are prepared, you may be able to help friends and neighbors who need assistance. By sharing preparedness supplies, you can help each other.
- 10. Trade** one night out to fund your 72-hour kit. Taking a family of four to the movies can cost upwards of \$80–\$100. Just one night of sacrifice could fund a 72-hour ready kit.

## 72 HOUR BAGS

As I began to seriously build our bug out bags (gathering a few supplies does not constitute a BOB), I was overwhelmed by the lists and lists I found on many websites.

I was well aware that this kit/bag needed to contain enough basics to survive for a minimum of 72 hours. I also understood that all of it had to be at least a little bit organized, then squeezed into some kind of portable container small enough to carry (depending on how many pounds each person can carry) but not so small that it wouldn't hold all we needed.

### WHERE TO START?

First, I laid out our meager supplies on the floor.

Then I began gathering lists from various places to give me some ideas for items we might need. To help me customize the lists for our needs, I made a list of possible scenarios or disasters that "could" happen in our particular area that would force us to leave home with bags in tow.

There are many situations where we might need a bug out bag (not just during a disaster). For instance, what if we were out in the middle of no where and the car broke down. Or what if we're out for a day of hiking and a child falls and needs first aid. I would want a BOB in my car for times like that.

### CHOOSING A CONTAINER

I read that we shouldn't wait until we have the perfect container to start the BOB, but to begin by assembling the items and then find a container to hold everything.

Then I read that we should find a container (backpack, suitcase, tub with wheels), that we are able to carry or pull. This would be based on our size and weight, strength, back issues or not, and age.

Another really good way to get started is to purchase a basic emergency kit online from a preparedness store. They have inexpensive ones with just the basics, all the way up to everything you might need, if you just want to cut through to "done".

Whichever way you choose to start is up to you. Start with this checklist and modify for your situation.

## 72-HOUR BAG CHECKLIST

---

(two person)

### Warmth & Shelter Items

- 1- Deluxe 2-Person 8' Tube Tents
- 1- Wool Emergency Blanket
- 2- Survival Sleeping Bags
- 1- Emergency Rescue Blanket (yellow)
- 2- Compact Emergency Space Blankets
- 2- Emergency Ponchos

### Cooking, Heating, & Light Items

- 1 -36-Hour Emergency Candle
- 1- Deluxe Quality Flashlight
- 2- Flashlight Batteries
- 2 -12-Hour Instant Light Sticks
- 1- Adjustable Heat/Cooking Stove
- 1- Stove Gel Fuel
- 2- Sierra Cups for Drinking & Heating Water
- 48 - Waterproof Matches
- 4- Emergency 18hr Body Heat-Packs

### Water & Hygiene Items

- 12- 5-yr Shelf-life Drinking Water Pouches (4.2 oz. each)
- 1- 2.5 Gallon Water Carrier (pre-fill prior to evacuation)
- 10- U.S. Military MICROPUR Water Purification Tablets
- 1- Small Roll Tissue Packet
- 3- Sanitary Disposable Toilet Bags
- 1- Soft Toilet Tissue Roll
- 4- Clothes Wrap Bags
- 1- Small Bar of Soap
- 2- Toothbrushes
- 1- Tube of Toothpaste (travel size)
- 1- Hair Combs



- 18 – Wet Wipe Towelettes

### **First-Aid**

- 1– Deluxe First-Aid Kit with 60 Essential First Aid Items
- 1– First Aid Book
- 4– Surgical Latex Gloves
- 5– Sanitary Napkins
- 2– CeraLyte Electrolyte Drink

### **Food Items**

- 6– MRE Complete Meal Units (or freeze dried food pouches)
- 1– 3600 Calorie Emergency Cookie Rations
- 1– Bag of High Energy Candy
- 6– E–mer'gen–C Energy Drink Packets

### **Miscellaneous Survival Items**

- 1– Premium Heavy–Duty Nylon 3–Way Carrying Storage Bag
- 1– Solar Dynamo AM/FM Radio w/ Four Way Power
- 1– Military Quality Tri–Folding Emergency Shovel
- 1– 50' Paracord
- 14– Potassium Iodide Tablets (for Radiation Emergencies)
- 1– Emergency Survival Whistle
- 1– Small Sewing Kit with Needle, Thread, & Buttons
- 1– Swiss Type 15 Function Pocket Knife
- 1– Pair of Leather Gloves
- 2– Hospital Grade N95 Folding Surgical Masks
- 1– Notepad
- 1– Writing Pen
- 1– Pencil
- 1– Deck of Playing Cards

## VEHICLE EMERGENCY BAGS

How many hours do you spend in your car each week? In any crisis, auto emergency kits could save lives or provide comfort in stressful situations.

It wouldn't even have to be a major disaster. In a land with freeways and belt routes strung from shore-to-shore and plagued with traffic congestion, it is always possible to be caught in a gridlock, maybe for hours at a time because of an accident or weather conditions.

So if you are traveling any distance, especially with children, it is well worth it to put one in your car.

A back pack is the perfect container for most of the items in this kit so that, regardless of the circumstances, you are able to care for yourself and walk away from your car with the supplies that will sustain you.

### TIPS:

- Be sure to pack extra clothing or items for warmth that are weather-dependent for your area. You may have to change these out, depending on the season.
- Maintain at least 1 / 2 tank of gas at ALL times.
- Determining how many people are in the car most of the time will help you determine the contents and amount of supplies in your car kit.

Your car should be the center of your preparation to meet everything that may come your way. Keep a First Aid kit in your glove box, an auto emergency kit in your trunk or the back of your SUV, and severe weather emergency car kits with you in your car at all times – just in case a disaster strikes.

It's always good to have travel blankets for your pets, picnics and sporting events in your car as well as age-appropriate items for your children.

Auto emergency kits are great because you always know where they are — in your car.

## VEHICLE EMERGENCY CHECKLIST

---

Even if you are at home when a disaster strikes, and your home is well stocked, you may still need the supplies in your car. Your house may not be safe to enter, or may catch fire after a disaster like an earthquake.

Your car will be one of your most important resources after a disaster strikes. Keep it mechanically sound, and pay close attention to the exhaust system. A leaking exhaust system could kill.

- Always keep your gas tank full. Fill it when it reaches ½ tank.
- Think of your car's trunk as a big steel supply cabinet. Keep your supplies in the trunk along with other items like tools, jumper cables and spare tire.
- Keep the car mechanically sound and ready to use.
- Keep supplies in the car for use in an emergency.
- Replace your battery every 2–3 years. In an emergency, your car battery will need to run the radio and heater for extended periods.

**Do this yourself or have a mechanic check the following items on your car to keep it ready:**

- Battery
- Antifreeze
- Wipers and windshield washer fluid
- Ignition system
- Thermostat
- Lights and flashing hazard
- Exhaust system
- Heater
- Brakes
- Defroster
- Make sure the tires have adequate tread

## ITEMS THAT SHOULD BE IN YOUR AUTO EMERGENCY KIT:

- Bottled water
- Sturdy walking shoes and socks
- Poncho
- First Aid kit and manual
- Sundry kit, paper and pencil, map, moist towelettes, plastic bags, facial tissue
- Flashlights and batteries
- Energy foods or bars, trail mix
- Ready-to-eat foods (utensils to eat them if necessary)
- Radio and batteries
- Space or fleece blankets or sleeping bags
- Charger for cell phone
- Small folding umbrella

## EMERGENCY TOOLS OR ITEMS TO KEEP IN THE TRUNK:

- Class ABC fire extinguisher
- Shovel and tools
- Waterproof matches and candles
- Short rubber hose for siphoning
- Bag of sand
- Reflectors and flares
- Jumper cables

This list is by no means "complete". There may be other items that your family would need.

## FIRST AID KITS

Does your first aid kit consist of whatever is in the bathroom cupboard? It shouldn't be left to chance.

That means not only gathering basic appropriate emergency supplies, but also learning the procedures for a few lifesaving techniques.

For example, every man, woman, and child should know how to do the Heimlich maneuver to save a choking victim. It takes about two minutes to learn and can literally be a lifesaver. Any member of your family or anyone at a table next to you in a restaurant could choke and die before help would arrive. Or you could perform the Heimlich maneuver and pop out the food in just a few seconds.

*The difference between life and death could be a couple of minutes of learning and preparing for emergency first aid.*

Another procedure everyone in your family should know is CPR. If someone in your family sticks a knife in the toaster and is accidentally electrocuted or drowns in your swimming pool, it's too late to begin learning how to save their life.

Learn the latest method of performing CPR. It's easy to do and may save the life of someone you love.

If someone is bleeding, do you know how to stop it? Start learning the techniques of direct pressure, elevation, and pressure points now – not when the incident happens.

It's important to have supplies on hand BEFORE the need arises — and don't forget a First Aid Handbook.

To get you started, this list includes common first aid kit supplies that should be in your kit. Add items you may need for your individual family.

## FIRST AID KIT CHECKLISTS

---

### BANDAGES

- Sterile gauze pads
- Rolled gauze
- Band-Aids of various sizes
- Triangular Bandage (36"x36"x52")
- Elastic Bandage
- Cotton Balls
- Cotton Swabs
- Sanitary Napkins (Pressure Dressing)
- Disposable Diapers (Dressing/Splint/Padding)
- Micropore Adhesive, Paper Tape
- Small Splints, Possible Sticks
- Heavy String
- Hot/cold compresses

### MEDICATIONS

- Pain Relievers
- Laxatives
- Throat lozenges
- Diarrhea Medicine
- Antiseptics such as soap, hydrogen peroxide, rubbing alcohol, triple antibiotic ointment, calamine lotion, or hydrocortisone cream, minor burn cream



- Antihistamine (such as Benadryl)
- Antacid (such as Roloids or Tums)
- Activated charcoal (for poisoning)
- Eye drops
- Syrup of Ipecac
- Baking Soda (1 /2 tsp. soda + 1 tsp. salt + 1 qt. water for shock)
- Other special medications like prescription drugs

## TOOLS AND OTHER ITEMS

- Safety Pins
- Scissors
- Thermometer
- Matches
- Needles
- Tweezers
- Petroleum Jelly
- Salt
- Nail clippers
- Medicine dropper and spoon
- Latex gloves
- Dust masks/industrial masks or gas masks
- Antiseptic towelettes

## SPECIAL INDIVIDUAL NEEDS

- Baby/toddler needs
- Liquid pain reliever
- Teething ointment
- Diaper rash ointment
- Baby wipes with glycerin
- Oil/lotion
- Rubber syringe
- Current immunizations
- Compression socks or stocking
- Diabetic testing supplies
- Contact lens supplies
- Eye glasses

Review all the items in your first aid kit every six months to make sure everything is in working order and fresh.

## WATER STORAGE AND PURIFICATION METHODS

The most frequently asked questions about water storage are:

- How do you purify water for storage?
- Where am I going to store it? It takes up a lot of space and it's heavy.
- How much IS enough?

A person can survive without food for several weeks, but can only survive without water for about three days.

### HOW MUCH IS ENOUGH?

FEMA and other emergency services recommend that we have at least a two-week emergency water supply on hand at all times. Bare-bones survival rations would be 1/2 gallon per person per day just for drinking and minimal food preparation purposes. You might not think that you drink that much in a day, but I'll bet if you added up all the water, juice, milk, soft drinks, broth, and other liquids, you would be close to consuming 1/2 gallon. In an emergency, you may find that you want more liquid than in regular circumstances.

In addition to drinking water, you will need 1/2 gallon per person per day for other uses, such as brushing teeth, washing dishes, etc. So 1 gallon per person per day is the bare minimum. On a regular day, you may wash several gallons of water down the drain as you rinse the dinner dishes. In an emergency situation, you will have to keep a watchful eye on the amount used for those purposes. A wet cloth wipe-up may be all your dishes get.

### TO DETERMINE HOW MUCH WATER YOUR FAMILY NEEDS, ASK YOURSELF THESE QUESTIONS:

- Do you have a baby in your house? (formula, clean up, food prep)
- Are there active teens? (they drink more than adults)
- Invalids or chronically ill? (water for meds or personal care)
- Pets? Plan for their needs.
- Dehydrated or freeze-dried foods? (water for preparation)

## WATER SOURCES

---

### INSIDE HOME SOURCES

- Hot water heater
- Toilet tank
- Water in your pipes
- Swimming pool or hot tub (use for gray water)
- Water beds (use for gray water only)
- Liquids in most canned goods

### OUTSIDE WATER SOURCES

- Well water (May need an alternate source of power to operate the well pump.)
- Mountain streams
- Lakes or reservoirs
- Springs
- Swimming pools and hot tubs
- Rainwater

**NOTE:** Always assume that any water other than from a deep well is contaminated.

## WATER STORAGE CONTAINERS

---

There are many container sizes available, so there should be no excuses for not storing water. Containers specifically for water range from 1 gallon up to 500 gallon water tanks (55 gallon barrels available at Walmart are usually ½ the price of other stores)

- Collapsible containers
- Water bricks
- Stackable containers
- Boxed water
- Water pouches
- Canned water
- Water BOB
- Soda pop bottles (thoroughly cleaned)
- Juice bottles (thoroughly cleaned)
- Canning bottles (quart, ½ gallon, gallon, etc.)

**NOTE:** Do not re-use plastic milk bottles for water storage. It is impossible to thoroughly clean all the milk out, which may contaminate the water. They also are prone to crack and leak over time.

## WATER PURIFICATION

---

### PURIFYING WITH CHEMICALS

- Chlorine Dioxide Tablets
- Aquamira Water Treatment (liquid)
- Iodine Tablets (do not use if pregnant, nursing, or have thyroid problems)
- Clorox Bleach

### PORTABLE FILTERS

- Gravity Flow Systems (Berkey, AquaRain)
- Small Purifier Systems (Katadyn, MSR)
- Steripen Purifier
- LifeStraw (individual size and family size)
- Sawyer Filtration Systems

### SODIS (SOLAR DISINFECTION)

Use PET (PolyEthylene Terephthalate) bottles and expose to sunlight for a minimum of six hours if the sky is bright or up to 50% cloudy (expose 2 consecutive days). Plastic bottles made from PET or clear glass bottles are preferred. Avoid the use of bottles made of PVC.

A Water Pasteurization Indicator (WAPI) is handy to use in a solar oven.

### BOIL WATER

Water only needs to be heated to ~160 degrees for 30 minutes or 185 degrees for only 3 minutes. This will kill all pathogens – even at high altitudes. (Keep in mind that heating water for a long period of time will use your fuel quickly. Consider using a solar oven for this purpose if you must heat water to purify it.)



## FOOD STORAGE LISTS

### BARE BONES BASICS

---

- |  |   |
|--|---|
| <input type="checkbox"/> Wheat/grains  | <input type="checkbox"/> Honey              |
| <input type="checkbox"/> Pasta         | <input type="checkbox"/> Salt               |
| <input type="checkbox"/> Rice          | <input type="checkbox"/> Cooking oil/fats   |
| <input type="checkbox"/> Legumes/beans | <input type="checkbox"/> Yeast              |
| <input type="checkbox"/> Dry peas      | <input type="checkbox"/> Baking powder      |
| <input type="checkbox"/> Lentils       | <input type="checkbox"/> Baking soda        |
| <input type="checkbox"/> Dry milk      | <input type="checkbox"/> Spices/seasonings  |
| <input type="checkbox"/> Sugar         | <input type="checkbox"/> Bouillon/soup base |

### THREE-MONTH PANTRY SUPPLY CHECKLIST

---

#### Shopping List for 3 Months of Food Storage

A well-stocked three-month pantry allows you to cook and enjoy most recipes without running to the store. It also gives you the security of knowing you have plenty to eat for at least three months, should a disaster or crisis happen. So when you shop, buy two—one to use and one to store. Watch for case lot sales as well as weekly sales.

#### Make a Shopping Form:

1. List the food product in the first column.
2. Write in the source of the purchase. For example, you might have bought the product from the grocery store, the internet, or a co-op vendor.
3. Enter the number of each product you intend to purchase in the third column.
4. Write down an estimate of your budget for each item in a ***Budget Cost*** column.

**Keep your Shopping Lists with you whenever you go to grocery stores, drugstores, etc. so you can know exactly what you need when you see it on sale.**

## SAMPLE LIST OF PANTRY FOODS

Baking Ingredients	Canned or Bottled Foods
Baking chips (butterscotch, milk chocolate, semisweet, white, etc.)	Applesauce
Baking chocolate squares (semisweet, unsweetened)	Beans (black, great northern, kidney, pinto, etc.)
Baking powder	Broth (beef, chicken)
Baking soda	Fruits (fruit cocktail, mandarin oranges, peaches, pears, pineapple, etc.)
Cocoa	Green chilies
Coconut	Jam and Jelly
Corn meal	Ketchup
Corn syrup	Meats (beef, chicken, ham, etc.)
Cornstarch	Mushrooms
Cream of tartar	Prepared entrées (chili, ravioli, spaghetti, soups, stews, etc.)
Extracts (almond, maple, mint, vanilla)	Salsa
Flour (all-purpose, bread, etc.)	Sauces (Alfredo, cheese, picante, spaghetti, etc.)
Food coloring	Soups, condensed (chicken, mushroom, celery, etc.)
Gelatin (flavored, plain)	Tomatoes (diced, paste, sauce, stewed)
Honey	Tuna
Marshmallows or Marshmallow Cream	Vegetables (Corn, green beans, peas)
Milk (evaporated, sweetened condensed)	<b>Dried Fruits &amp; Vegetables</b>
Molasses	Apples
Nonstick cooking spray	Apricots
Nuts (almonds, peanuts, pecans, walnuts)	Carrots

Oil (olive, vegetable)	Celery
Pie filling	Cranberries
Salt and Pepper	Dates
Shortening	Onions
Spices (cinnamon, ginger, nutmeg, etc.)	Garlic
Sugar (brown, confectioners', granulated)	Peppers (bell, hot, etc.)
Tapioca, quick-cooking	Prunes
Yeast	Raisins
Baking Mixes	Seasonings
Biscuit	Bouillon granules (beef, chicken)
Brownie	Browning and seasoning sauce
Cake	Hot pepper sauce
Corn bread	Onion soup mix
Frosting, canned	Seasoned salt
Muffin	Soy sauce
Pancake	Taco seasoning
Pudding, instant	Vinegar (balsamic, cider, red wine, white, etc.)
Quick bread	Worcestershire sauce
Starches	Beans, Grains, etc.
Bread (pita, sandwich)	Dried beans (black, kidney, navy, pinto)
Bread crumbs, dry	Wheat (red or white)
Crackers (graham, soda, etc.)	Oats (regular, instant)
Croutons	Nonfat dry milk powder
Noodle mixes	Egg powder
Pasta (noodles, macaroni, penne, spaghetti)	

Rice, instant	
Rice mixes	
Stuffing mix	
Potato Flakes	

## PANTRY FOODS SHELF LIFE

FOOD	Pantry (Room Temperature)	Refrigerator (33°F to 40°F)	Freezer (0°F)
<b>Bread and Cereal Products</b>			
Baked quick breads	4–5 days	1–2 weeks	2–3 months
Bread	5–7 days	1–2 weeks	3 months
Bread crumbs and croutons	6 months		
Bread rolls, unbaked		2–3 weeks	1 month
Cereals, ready-to-eat	1 year 2–3 months*		
Cereals, ready-to-cook	6 months		
Corn meal	1 year	18 months	2 years
Doughnuts	4–5 days		3 months
Flour, cake, all-purpose	1 year		1–2 years
Flour, whole wheat		6–8 months	1–2 years
Pasta	2 years		
Pies and pastries		3 days	4–6 months
Pies and pastries, baked			1–2 months
Pies and pastries, cream filled		2–3 days	3 months
Pizza		3–4 days	1–2 months
Rice, brown	6 months		
Rice, white	1 year	6–7 days+	6 months+
Tacos, enchiladas, and burritos (frozen)		2 weeks	1 year
Waffles		4–5 days	1 month
<b>Packaged Foods and Mixes</b>			
Biscuit, brownie, and muffin mixes	9 months		
Cakes, prepared	2–4 days		2–3 months

Cake mixes	6–9 months		
Casserole mix	9–12 months		
Chili powder	6 months		
Cookies, packaged	2 months		8–12 months
Crackers, pretzels	3 months		
Frosting, canned	3 months		
Frosting, mix	8 months		
Fruit cake		2–3 months	1 year
Hot roll mix	18 months		
Instant breakfast products	6 months		
Pancake and pie crust mix	6 months		
Pancake waffle batter		1–2 days	3 months
Toaster pastries	3 months		
Sauce and gravy mixes	6 months		
Soup mixes	1 year		
<b>Spices, Herbs, Condiments, Extracts</b>			
	1 year		
Catsup, chili, and cocktail sauce	1 month*	6 months	
Herbs	6 months		1–2 years
	2 years		
Herb/spice blends	1 year *		1–2 years
	2 years		
Mustard	2 years	6–8 months*	8–12 months
Spices, ground	6 months		1–2 years
Spices, whole	1–2 years		2–3 years
	2 years		
Vanilla extract	1 year*		
Other extracts	1 year		



## Other Food Staples

Bacon bits	4 months		
Baking powder	18 months		
Baking soda	2 years		
Bouillon products	1 year		
Carbonated soft drinks	6–9 months		
Carbonated soft drinks, diet	3–4 months		
Chocolate, premelted	1 year		
Chocolate syrup	2 years	6 months*	
Chocolate, semisweet	2 years		
Chocolate, unsweetened	18 months		
Cocoa mixes	8 months		
Coconut, shredded	1 year 6 months*	8 months	1 year
Coffee cans	2 years 2 weeks*	2 months	6 months
Coffee, instant	6 months 2 weeks*		
Coffee, vacuum-packed	1 year ^		
Coffee lighteners (dry)	9 months 6 months*		1 year
Cornstarch	18 months		2 years
Gelatin	18 months		
Honey, jams, jellies, and syrup	1 year	6–8 months*	
Marshmallows	2–3 months		
Marshmallow cream	3–4 months		
Mayonnaise	2–3 months	12 months 2 months*	

Molasses	2 years		
Nuts, shelled	4 months	6 months	
Nuts, unshelled	6 months		
Nuts, salted			6–8 months
Nuts, unsalted			9–12 months
	3 months^		
Oil, salad	2 months*		
	10 months		
Parmesan grated cheese	2 months*		
Pasteurized process cheese spread	3 months	3–4 weeks*	4 months
	6 months		
Peanut butter	2–3 months*		
Popcorn	1–2 years	2 years	2–3 years
Pectin	1 year		
Salad dressings, bottled	1 year^	3 months*	
Soft drinks	3 months		
Artificial sweetener	2 years		
Sugar, brown	4 months		
Sugar, confectioners	18 months		
Sugar, granulated	indefinitely		
Tea bags	18 months		
Tea, instant	2 years		
	6 months		
Vegetable oils	1–3 months*		
	3 months	6–9 months	
	2 years		
Vinegar	1 year*		
Water, bottled	1–2 years		

Whipped topping (dry)	1 year		
Yeast, dry	Pkg. exp. date		
<b>Vegetables</b>			
Asparagus		2-3 days	8 months
Beets		2 weeks	
Broccoli		3-5 days	
Brussels sprouts		3-5 days	
Cabbage		1 week	
Carrots		2 weeks	
Cauliflower		1 week	
Celery		1 week	
Corn (husks)		1-2 days	8 months
Cucumbers		1 week	
Eggplant		1 week	
Green beans		1-2 days	8 months
Green peas		3-5 days	8 months
Lettuce		1 week	
Lima beans		3-5 days	8 months
Mushrooms		2 days	
Onions	1 week	3-5 days	
Onion rings (precooked, frozen)			1 year#
Peppers		1 week	
Pickles, canned	1 year	1 month*	
Frozen potatoes			8 month
Sweet potatoes	2-3 weeks		
White potatoes	2-3 months		
Potato chips	1 month		

Radishes		2 weeks	
Rhubarb		3-5 days	
Rutabagas	1 week		
Snap beans		1 week	
Spinach		5-7 days	8 months
Squash, Summer		3-5 days	
Squash, Winter	1 week		
Tomatoes		1 week	
Turnips		2 weeks	
Commercial baby food, jars	1-2 years^	2-3 days	
Canned vegetables	1 year^	1-4 days*	
Canned vegetables, pickled	1 year^	1-2 months*	
Dried vegetables	6 months		
Frozen vegetables			8 months
Vegetable soup		3-4 days	3 months

## Fruits

Apples	Until ripe	1 month	
Apricots	Until ripe	5 days	
Avocados	Until ripe	5 days	
Bananas	Until ripe	5 days (fully ripe)	
Berries	Until ripe	3 days	1 year
Canned fruit	1 year	2-4 days*	
Canned fruit juices	1 year	3-4 days*	
Cherries	Until ripe	3 days	
Citrus fruit	Until ripe	2 weeks	
Dried fruit	6 months	2-4 days+	
Frozen fruit			1 year

Fruit juice concentrate		6 days	1 year
Fruit pies, baked		2–3 days	8 months
Grapes	Until ripe	5 days	
Melons	Until ripe	5 days	
Nectarines	Until ripe	5 days	
Peaches	Until ripe	5 days	1 year
Pears	Until ripe	5 days	1 year
Pineapple	Until ripe	5–7 days	1 year
Plums	Until ripe	5 days	

### Dairy Products

Butter		1–2 months	9 months
Buttermilk		2 weeks	
Cottage cheese		1 week	3 months
Cream cheese		2 weeks	
Cream–light, heavy, half– and–half		3–4 days	1–4 months
Eggnog commercial		3–5 days	6 months
Margarine		4–5 months	12 months
Condensed, evaporated and dry milk	12–23 months <sup>^</sup>	8–20 days*	
Milk		8–20 days	
Ice cream and sherbet			2 months
Hard natural cheese (e.g. cheddar, Swiss)		3–6 months 4 weeks*	6 months
Hard natural cheese, sliced		2 weeks	
Processed cheese		1 month	6 months
Soft cheese (e.g. brie)		1 week	6 months
Pudding		1–2 days*	
Snack dips		1 week*	

Sour cream		2 weeks	
Non-dairy whipped cream, canned		3 months	
Real whipped cream, canned		3-4 weeks	
Yogurt		2 weeks	1-2 months
<b>Meats, Poultry, Eggs and Fish</b>			
Fresh beef and bison steaks		3-5 days	6-9 months
Fresh beef and bison roasts		3-5 days	9-12 months
Fresh pork chops		2-3 days	4-6 months
Fresh lamb chops		3-5 days	6-8 months
Fresh veal		1-2 days	4-6 months
Fresh ground meat (e.g. beef, bison, veal, lamb)		1 day	3-4 months
Cooked meat		2-3 days	2-3 months
Canned meat	1 year	3-4 days*	3-4 months
Ham, whole		1 week	1-2 months
Ham, canned	1 year	1 week*	3-4 months
Ham, canned "keep refrigerated"		6-9 months	
		1 week*	3-4 months
Shelf-stable unopened canned meat (e.g. chili, deviled ham, corn beef)	1 year	1 week*	
Ham, cook before eating		1 week	
		2 weeks	
Ham, fully cooked		1 week*	
Ham, dry-cured	1 year	1 month	
Ham salad, store prepared or homemade		3-5 days	
		2 weeks	
Bacon		1 week*	1 month
		5-7 days	
Corned beef, uncooked			1-2 months

Restructured (flaked) meat products			9–12 months
Sausage, fresh		1–2 days	1–2 months
Smoked breakfast sausage links, patties		1 week	2 months
Sausage, smoked		1 week	1–2 months
Sausage, semi-dry (e.g. Summer sausage)		2–3 weeks*	6 months
Sausage, dry smoked (e.g. Pepperoni, jerky, dry Salami)	1 year	1 month*	6 months
Frankfurters, bologna		2 weeks 3–5 days*	1–2 months
Luncheon meat		2 weeks 3–5 days*	1 month
Meat gravies		1–2 days	2–3 months
TV beef and pork dinners			18 months#
Meat based casseroles		3–4 days	4 months
Variety meats (giblets, tongue, liver, heart, etc.)		1–2 days	3–4 months
Vinegar pickled meats (e.g. pickled pigs feet)	1 year^	2 weeks*	
<b>Fish</b>			
Breaded fish			4–6 months
Canned fish	1 year	1–2 days*	
Cooked fish or seafood		3–4 days	3 months
Lean fish (e.g. cod, flounder, haddock)		1–2 days	6 months
Fatty fish (e.g. bluefish, salmon, mackerel)		1–2 days	2–3 months
Dry pickled fish		3–4 weeks	
Smoked fish		2 weeks	4–5 weeks
Seafood–clams, crab, lobster in shell		2 days	3 months
Seafood–oysters and scallops		1–2 days	3–4 months

Seafood–shrimp		1–2 days	1 year
Seafood–shucked clams		1–2 days	3–6 months
Tuna salad, store prepared or homemade		3–5 days	

### **Poultry and Eggs**

Chicken nuggets or patties		1–2 days	
Chicken livers		1–2 days	3 months
Chicken and poultry TV dinners			6 months
Canned poultry^	1 year	1 day*	
Cooked poultry		2–3 days	4–6 months
Fresh poultry		1 day	1 year
Frozen poultry parts			6–9 months
Canned poultry		1 day	3 months
Poultry pies, stews, and gravies		1–2 days	6 months
Poultry salads, store prepared or homemade		3–5 days	
Poultry stuffing, cooked		3–4 days	1 month
Eggs, in shell		3–5 weeks	
Eggs, hard–boiled		1 week	
Eggs, pasteurized		10 days 3 days*	1 year
Egg substitute		10 days 3 days*	1 year
Egg yolks (covered in water)		2–4 days	1 year
Egg whites (For each cup of egg yolk add 1 Tbs. of sugar or salt)		2–4 days	1 year

### **Wild Game**

Frog legs		1 day	6–9 months
Game birds		2 days	9 months



Small game (rabbit, squirrel, etc.)	2 days	9-12 months
Venison ground meat	1-2 days	2-3 months
Venison steaks and roasts	3-5 days	9-12 months

\* Opened

+ Cooked

^ Refrigerate after opening

# After manufacture date

## LONG TERM FOOD STORAGE LIST & SHELF LIFE

---

*(The years listed for shelf life assumes ideal storage conditions, i.e. low moisture, low light, cool temperatures, and low oxygen content.)*

Food	"Life Sustaining" Shelf-Life Estimates (in years)
Apple slices (freeze-dried)	30
Alfalfa Seeds	8
Bakers Flour	15
Barley	10
Black Turtle Beans	15 – 20
Blackeye Peas	15 – 20
Buckwheat	15
Butter/margarine Powder	15
Cocoa Powder	15
Cornmeal	5
Cracked wheat	25
Durham Wheat	8 – 12
Flax	8 – 12
Flour (white)	10 – 20
Flour (whole wheat)	10 – 20
Garbanzo Beans	15 – 20
Garden Seeds	4
Gluten	5
Granola	5
Honey, Salt and Sugar	Indefinitely
Hulled Oats	30
Kidney Beans	20
Lentils	20
Lima Beans	20
Millet	8 – 12
Morning Moo	10
Mung Beans	8 – 10
Onions	8 – 12

Pasta	30
Pearled Oats	10
Pink Beans	20 – 30
Pinto Beans	30+
Potatoes (flakes, slices, diced)	30
Powdered Eggs	15
Powdered Milk	20
Quinoa	8
Rice (brown)	6 months
Rice (white)	25+
Rolled Oats	30
Rye	8
Small Red Beans	25
Soy Beans	25
Special bakery wheat	25
Spelt	12
Sprouting Seeds	4 – 5
Triticale	8 – 12
TVP	15 – 20
Unbleached Flour	5
Vegetables (most)	20–30
Wheat (hard white)	30
Wheat (hard red)	30+
Wheat flakes	5
Whey Powder	15
Yeast	2

# COOKING AND FUELS

## STOVES & OVENS

- **Apple box oven**, made from a grocer's cardboard apple box. Cover it with foil, cut notches in the bottom and raise it slightly to allow for air flow. Layer 10–14 coals on the ground or on a cookie sheet. Bake cookies, etc. on a rack inside the box that is set on fruit cans.
- **Paper box oven**, made from a box. Cover it with foil, cut notches and use like an apple box oven. Since it's smaller, it requires fewer coals. A blanket cover will hold in heat.
- **Dutch ovens** are easy to use and store but need to be used outside.
- **Sun Oven**, available online and at selected outlets for around \$250–\$300. Easy, portable, safe and solar power is free.
- **Butane stoves**, lightweight, most can be carefully used indoors.
- **Solar parabolic ovens**, track the sun, more expensive than some options.
- **Liquid Fuel Camp Stoves** – fairly inexpensive.
- **Sterno/Canned Heat and Backpacking Stoves**
- **Volcano 3 Collapsible Stove**
- **Wonderbag Non-Electric Portable Slow Cooker** (found on Amazon)
- **Propane Barbecues**

## FUEL SOURCES

- Wood-burning stoves (check community air quality standards) need clean, dry wood and good ventilation.
- Portable generators, somewhat costly, need adequate fuel on hand to run for a length of time.
- Solar Generators – a bit pricey but free fuel from the sun.
- Fuel gel, fuel cubes, MRE heaters, batteries and battery packs.

- Charcoal briquettes, cheap, inexpensive (never use indoors).
- Propane and Butane

## COOKING SUPPLIES

- Barbecue, 40 pounds charcoal, and two cans of starter fluid.
- Or a propane unit with two 20 pound containers of propane. A propane camp stove may also be used.

### Store the following items for use with above:

- Pot and pan for cooking
- Kitchen knife
- Silverware. Spoon, fork.
- Styrofoam cups.
- Water proof matches or lighter.
- Zip-lock bags.
- Aluminum foil. A must! Can be formed into just about anything you might need.
- Thermos – handy to keep food warm or cold, or to hydrate freeze dried food.

## EMERGENCY LIGHTS

Have you ever spent a night in your city when ALL the lights were out? Kind of eerie, isn't it?

One night in the dark can be kind of fun – an adventure, but several nights, or longer, can be very difficult, especially if you have children who might be scared by the darkness for days.

We recently took an inventory of our lighting preparedness — we didn't do so well. We found we had a few flashlights but not near enough batteries if the blackout lasted more than three days to a week.

But more importantly, our flashlights were old and the lights are very dim. Not a great help long term. Time for some new flashlights!

There are many kinds of lights you can use – be creative. But have back-ups of back-ups. A long term power outage will not be pleasant, nor comforting, with no light.

### LIST OF USEFUL LIGHTS

---

- Flashlights with plenty of spare batteries; buy LEDs – the bulbs will last MUCH longer.
- Lanterns – solar, battery, kerosene or propane powered. Store fuel or batteries, but never use fuel based lighting until you are sure gas leaks are eliminated.
- Long life candles
- Light sticks
- Solar garden lights
- Christmas light strings – If you have any kind of generator, these lights draw very few watts.
- Water proof matches or lighter

# COMMUNICATION FOR GRID DOWN

## START YOUR EMERGENCY COMMUNICATIONS PLAN

---

- **Emergency Contact List** – Do you have a list of emergency contacts out of state, just in case? Have you planned a place for all family members to meet in an emergency? What will you do if your cell phone doesn't work?
- **Emergency Preparedness Kit** – Your emergency preparedness kit should have a family planner that includes emergency contacts, copies of insurance policies, deeds, licenses, credit cards . . . basically all your important paperwork, where the originals are located, and who to contact in case of a catastrophe or death.
- **Emergency Radios** – When there is no electricity, no cell phone service, no Internet connection, an emergency radio would be a good thing to have to keep in contact with the outside world.

It should have more than one power source: electric, solar, wind up, and battery. There are radios with several bands: AM, FM, weather, and short wave. The prices range from reasonable to expensive depending on how many functions it may have.

## COMMUNICATION SUPPLIES

- AM/FM radio. Store at least 3 sets of alkaline batteries for standard units. The best radio is one that has rechargeable NI-cads built in, and may be charged with the built in solar cell, or by cranking on a built in generator handle. We recommend this radio for your supplies in your car as well.
- Pen, pencil, and paper pad. Store in zip lock bag.
- Stamped postcards. Store in zip lock bags. Your house might be gone, but if you still have a mailbox, the mail may continue service – easy way to stay in touch with family far away
- List of important phone numbers, including your out-of-state contacts.
- Weather radio or police scanner. A bit expensive, but weather radio is a must in tornado or hurricane country.

## EMERGENCY HEAT AND WARMTH

Depending on where you live, you may need to have emergency heating options if the power goes out during the winter.

Besides winter, many disasters involve conditions that may knock out your electricity, including the furnace.

It could be a real challenge to stay warm when the furnace hasn't worked for days and the temperatures are dropping due to winter storms, hurricanes, tornadoes, floods, earthquakes, etc.

Does your survival plan include a variety of ways to keep your family warm?

I would suggest that several of these ideas be added to your survival plans. Backups of backups is always a good plan. as well as ways to heat a room or your home when there is a power outage.

In planning for emergencies for your family, remember to put some of the items suggested below into your 72-hour bags also.

### HEAT AND WARMTH SUPPLIES

- Blankets and Quilts
- Layered Clothing – layer socks and gloves also
- Wear a Hat
- Sleeping Bags
- Space Blankets
- Chemical Hand and Body Warmers
- Kerosene Space Heater
- Propane Space Heater (make sure it's for inside use)
- Fireplaces & Wood Stoves (pellet stoves are the most efficient)
- Live ALL in One or Two Rooms – close off the rest of the house.



## CAUTIONS for INDOOR HEATING:

- ❑ Never use propane heaters or charcoal stoves inside your home unless specifically stated for inside use.
- ❑ Do not use an oven or gas stove to heat a room.
- ❑ A battery operated carbon monoxide detector is a good investment.

## EMERGENCY CHECKLISTS FOR YOUR HOME

Home is where you can do the most to be prepared. But remember if you are only home for about 1 / 2 of the hours in a day, you must also have additional supplies in your car.

- Strap the water heater to the wall. Remember your water heater is a large source of water, and weighs several hundred pounds when full. A four hundred pound water heater will break gas lines on its way to the floor.
- Strap or bolt any other gas appliances to the wall. Gas appliances are a real danger in an earthquake, and are the cause of most fires after a quake.
- Know where to shut off the water, power, and gas and have placed the tools at each location.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risks. Brace overhead light fixtures.
- Replace solid gas lines with flexible lines on stoves, water heaters, and dryers.
- Nail plywood on top of ceiling joists inside the attic to protect people from chimney bricks that could fall through the ceiling.
- Secure anything that might fall on someone's head.
- Move the bleach and ammonia to separate locations. These chemicals, when mixed, will create a toxic gas as deadly as any ever created.
- Know the unsafe locations in the house.
- Make an emergency plan and know escape routes and meeting places.
- Install emergency lighting in selected outlets.
- Know the location of the nearest police, fire station, and hospital.
- Know which neighbors have medical experience.
- Talk with neighbors about emergency preparedness.
- Evaluate what supplies your family needs to store.
- Have the proper amount of water stored for emergency use.
- Store emergency food supplies.
- Store cooking items for emergency use.
- Know where to find drinkable water in your house or have water purification equipment.
- Store emergency items to use as shelter.
- Have a first aid kit.
- Have tools handy that you will need in an emergency.
- Store sanitation supplies.
- Store supplies for the baby.
- Store miscellaneous supplies including money for emergency use.

## KNOW YOUR HOUSE

- Place a flashlight or an emergency light next to your breaker panel.
- Place a wrench in your water meter box located near the street.
- Place or attach a tool on your gas meter for turning off the gas.
- Evaluate each room in your house. Ask yourself: what will fall on my head, or will keep me from getting out if it fell? Secure anything you find.
- Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people sit.
- Fasten shelves securely to walls and place large or heavy objects on lower shelves.
- Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.
- Store household chemicals on a bottom shelf of a closed cabinet.
- Identify the best and worst places to be in your house. The best places inside the house are under major beams that are secured to the rest of the structure, or in strong doorways, or inner structural walls. The worst places are in front of windows, or near fireplaces and chimneys.
- Make an emergency plan including escape routes and meeting places. Choose both a nearby meeting place and an out-of-state relative to be your check-in contact for the family.
- Test your emergency plan with all members of the family present.
- Plug emergency lighting into selected outlets. These types of lights are constantly charged, and turn on automatically when power fails, or the units are unplugged.
- Keep all tree and shrub limbs trimmed so they don't come in contact with the wires.
- Keep trees adjacent to buildings free of dead or dying wood.
- Store combustible or flammable materials in approved safety containers and keep them away from the house.
- Install smoke detectors on every level of your home and near sleeping areas.

## KNOW YOUR NEIGHBORS, AND NEIGHBORHOOD

- Contact your school district to obtain policy regarding how children will be released from school in the event of an emergency.
- Know the location of the nearest police and fire stations, as well as the route to the nearest hospital emergency room.
- Meet with neighbors and find out who has medical experience.
- If you are taking this preparedness thing seriously, share this information with the households next to you. The more people you can convince to prepare, the greater your group resources.

- ❑ Share spare keys with your trusted neighbors. Show them where the utility shutoffs are and ask how to turn off your neighbors utilities.
- ❑ Provide them with a list of contact phone numbers.

## KNOW YOUR FAMILY

- ❑ Hold a home evacuation drill to test your emergency plan with all members of the family present.
- ❑ Teach your children how to get help from neighbors and 911.
- ❑ Keep photos of family members in wallet in case they turn up missing.
- ❑ Teach household members how to turn off utilities.
- ❑ In case family members are separated from one another during an earthquake (a real possibility during the day when adults are at work and children are at school), develop a plan for reuniting after the disaster.
- ❑ Ask an out-of-state relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

## TOOLS AND SUPPLIES

- Fire extinguisher large 5–20 pound, type ABC
- Crow bar
- Leather gloves
- Multi–function pocket tool or knife
- Plastic tarp, 9x12 foot minimum
- Nylon rope or paracord – 100 foot
- Duct tape
- A multi–purpose tool for shutting off gas and water main valves.
- Portable gas generator. Make your selection based on what really needs to be powered, run time of the model, amount of fuel, noise level (important long term).
- Solar generator – quiet, free fuel (as long as the sun is shining).

## MISCELLANEOUS

- One complete change of clothing and boots for each person
- Emergency poncho
- Change – quarters and dimes
- \$50 cash minimum, in ones, five's, and tens
- Two credit cards
- Photo copies of ID
- Spare checks
- Playing cards
- Spare keys

## SANITATION AND HYGIENE

One of the most unpleasant aspects of an emergency situation comes from the need to answer the 'call of Mother Nature'. It doesn't matter one little bit if the plumbing system is out of order. When you have to go, you have to go!

Most city sewer systems are dependent on electricity and an intact system of underground pipes. If either of these systems malfunctions, so do your bathroom facilities.

If the electricity is out just in your individual neighborhood, your plumbing is probably fine. But if the main city system is powerless, that's another story.

If in the case of an earthquake or severe storm, any of the pipes between the water treatment plant and your home are broken, the water won't make it to your house and you'll be left high and dry.

Emergency sanitation may be unpleasant to discuss, but it needs to be in your plans. It's a very real problem to deal with during an extended disruption of services. And that's when having a portable toilet in some form will come in very handy.

If a disaster happens that shuts down utilities, staying healthy and germ-free becomes a top priority, as well as more difficult. How do you wash clothes, dishes, hands and bodies?

Think about the number of time a day you wash anything and the water it takes to stay clean and healthy. As you think about this each time, make a list of the supplies you will need. Start with those below.

## SANITATION

---

- Portable chemical toilet and disinfectant crystals. Store in a garage or away from the house. You will only need this if your dwelling is damaged, or if your water supply is limited.
- Toilet tissue rolls. Store inside portable toilet. Garbage bags and/or toilet liners.
- Pre-moistened wet wipes
- Anti-bacterial soap
- All-purpose liquid soap
- Toothbrush and toothpaste
- Disposable razors
- Feminine hygiene items
- Latex gloves
- Disinfectant

## BABY ITEMS (IF NEEDED)

- Baby formula and plastic bottles
- Large box disposable diapers
- Pre-moistened wet wipes
- Baby blanket and knit cap
- Two or three complete change of baby clothes

## BASIC NEEDS CHECKLISTS

### CHECKLIST FOR ADULTS

---

- Basic food needs
- Any prescription medications
- Any over-the-counter medications
- A vitamin supplement
- Calcium supplement/Tums
- Feminine hygiene products

### CHECKLIST FOR BABIES & KIDS

---

- Basic food needs
- Food grinder (to make your own baby food if needed)
- Bottles
- Diapers
- Any prescription medications
- Any OTC medications
- Vitamin supplement
- Thermometer
- Diaper rash ointment



## CHECKLIST FOR SENIORS

---

- Basic food needs
- Denture supplies (if needed)
- Spare glasses (if needed)
- Any prescription medications
- Any over-the-counter medications
- Vitamin supplement

## ITEMS TO STOCK FOR BARTERING

The list could be endless because, as you are well aware, we use so many different items every single day — some are necessities — some are not. So where do we start?

Here's a list to start the thinking processes, but I'm sure you can come up with many other items as you interact with your own possessions throughout a day or week.

Allergy medicine	Hammers	Rice
Aloe	Hand sanitizer	Rubber bands
Aluminum foil	Hard candy	Rubbing alcohol
Animal traps	Honey	Safety pins
Antacids	Hydrogen peroxide	Saline solution
Antibiotics	Imodium A-D	Sand paper
Anti-histamines	Iodine	Scissors
Antiseptic	Jerky	Screw drivers
Apple cider vinegar	Kerosene	Screws
Aspirin	Kleenex	Salt
Baby formula	Knives	Seeds
Baby wipes	Lamp oil	Shampoo/conditioner
Baking powder	Lantern mantles	Sharpening stones
Baking soda	Lighter fluid	Shaving cream
Bandages	Lighters	Shoe laces
Bar soap	Lotion	Slingshots
Batteries	Magnifying glasses	Socks
Belts	Maps	Space blankets
Bicycle parts	Matches	Spices
Bleach	Measuring cups/spoons	Sponges
Bolts	Milk, powdered	Staples
Buckets	Mousetraps	Sugar
Bug spray	Mouthwash	Sun block
Can openers	Multivitamins	Sunglasses
Candles	Mylar bags	Super glue
Canned food	Nail clippers	Survival books

Canned shortening	Nails	Syrup
Canning jars/lids	Needles/thread	Tape
Clothes line/pins	Nuts	Tarps
Coffee	Nylon rope	Tea
Coffee filters	Paper	Thermometers
Coleman fuel	Paper plates	Toilet paper
Combs	Paper towels	Tools
Condoms	Paracord	Tooth brush
Cooking oil	Paraffin wax	Toothpaste
Cups	Pasta	Trash bags
Dental floss	Peanut butter	Tuna fish (in oil)
Diapers	Pencils	Tupperware
Disposable gloves	Pens	Tweezers
Dried soup mix	Pepper	Twine
Feminine products	Pepper spray	Underwear
Fire extinguishers	Pet food	Utensils
Fire steels	Plates and bowls	Vaseline
First aid kit	Ponchos	Vinegar
Fishing gear	Popcorn	Watches
Flashlights	Pots and pans	Wax paper
Flour	Q-tips	Wicks
Glasses repair kit	Rat poison	Wire
Gloves	Razors	Yeast
Hairbrushes	Reading glasses	Ziploc bags

# DISASTER SURVIVAL LISTS

## WHAT TO DO IN THE FIRST HOUR CHECKLIST

---

**Scenario:** Major earthquake in the middle of the night, dead of winter, all lights out everywhere. (This scenario assumes that your home is still standing and in fairly good condition. It could also include a cyber attack or any other type of grid failure.)

### ACTIONS CHECKLIST:

#### INDOORS

1. Find your flashlight and turn it on.
2. Dress to stay warm and dry including good footwear, headgear, and gloves.
3. Locate all family members; ensure the safety of all; concentrate all family members in a currently safe area of the house.
4. Instruct all family members to not use the toilets in any way. Do not flush them. Have your family members cover each toilet with a large plastic bag.
5. Give one of your family members the survival radio. Instruct them to start scanning for information about the disaster.
6. If you have any non-flame emergency lights, turn them on and place them where you and others can safely navigate the house. Close all curtains and blinds.
7. Instruct your family members to install the WaterBobs in every bathtub and fill them to the top. Do not overfill.
8. Gather all weapons of choice and insure they are safely and readily accessible.
9. Listen to what is happening outside your home. Peak out your windows to assess the situation.
10. Inspect every part of your home and attached garage to ascertain its integrity. Seal off any room that is compromised (broken window, cracked wall, etc.). Close all curtains and blinds in every room.

11. Natural Gas: Inspect your natural gas line(s) inside the home. Smell carefully for leaks. If there are leaks, you must turn off the flow of gas coming into your home from outside your house.
12. Electricity: Inspect the electrical connections in and around your breaker box. Inspect the breakers. If breakers are thrown, reset them. If they re-throw, make certain they are securely turned off. If there are sparks in your home, turn the main breaker off. If there is no electricity, turn the main breakers off.
13. Water: If water is leaking inside or into your home, turn off the water pipe connecting your home to the city water main. It is usually in the basement.

## OUTDOORS

1. Cautiously and armed, surreptitiously leave the interior of your home. Quietly evaluate your surroundings and the people around you.
2. Inspect the exterior of your home, your fence, your yard, and the neighborhood around you. Do your best not to use a flashlight.
3. Natural Gas: Go to your gas meter. If you smell gas, take a crescent wrench and turn the valve carrying gas into your home to the off position.
4. Electricity: Inspect the electrical connections in and around your electrical box. If wires are intact, inspect the breakers. If breakers are thrown, reset them. If they re-throw, make sure they are securely turned off. Be careful of damaged wires; they may kill you.
5. Water: When water is no longer flowing into your home, turn off the water pipe connecting your home to the city water main. If you have a basement, it will usually be located there.
6. Water: Go to the part of your yard where the municipal water connection is. If there is a break in the pipe underground, go to the water meter near the street. Open the top and turn off the water to your home.
7. Help: If your family is safe and the neighborhood secure, consider contacting your neighbors and asking them if they need help.

## ESSENTIALS FOR SHELTERING IN PLACE

---

When it comes to emergencies there are items that are necessities and there are items that are luxuries. Generally speaking you want to tackle the necessities first and then add additional items to increase the comfort level of the situation.

Here are 9 essentials you should have during a sheltering in place scenario, (keep in mind that you may be required to shelter in place somewhere besides your own home):

- ❑ **Water**– Plan on 1 Gallon per person, per day for drinking and sanitation.
- ❑ **Food**– A supply of 3–5 days per person. For a lot of people the first couple of days can be supplemented by what’s already in the house.
- ❑ **Clothes**– In your 72–Hour Kit you want to be sure you have an extra pair of clothes and shoes for each person in your group/family.
- ❑ **Medications**– It’s a good practice to collect 3–5 days’ worth of any prescription medications that you’re taking. Also be sure to note expiration dates so that you can rotate them appropriately.
- ❑ **Flashlights**–When it comes to flashlights, buy LEDs. They are not expensive and, except for the batteries, they will probably never quit on you.
- ❑ **Can Opener**– Make sure it’s high quality. There's nothing worse than a can opener that won’t open cans.
- ❑ **Radio**– The ideal option for a radio is one that has multiple options for powering the radio including, batteries, hand–crank, AC/DC, and/or solar.
- ❑ **Hygiene Kit**–Start with just the basics, soap, toilet paper and a toothbrush is enough to get most people by for 3–5 days.
- ❑ **First Aid Kit**– Make sure that your first–aid kit at least includes, antiseptic, gloves, bandages and your non–prescription medicine such as aspirin or Tylenol.

# NATURAL DISASTERS – WHAT TO DO BEFORE, DURING & AFTER

It may be impossible to predict when "Mother Nature" will let loose her furies, but regardless of the type of disaster, planning for the "before, during, and after," is the only course to survival.

## EARTHQUAKE

---

### BEFORE

1. Look for items in your home that could become a hazard in an earthquake.
2. Repair defective electrical wiring, leaky gas lines, and inflexible utility connections.
3. Bolt down water heaters and gas appliances (have an automatic gas shutoff device installed that is triggered by an earthquake).
4. Place large or heavy objects on lower shelves. Fasten shelves to walls. Brace high and top-heavy objects.
5. Store bottled foods, glass, china, and other breakables on low shelves or in cabinets that can fasten shut.
6. Anchor overhead lighting fixtures.
7. Check and repair deep plaster cracks in ceilings and foundations. Get expert advice, especially if there are signs of structural defects.
8. Be sure the residence is firmly anchored to its foundation.
9. Install flexible pipe fittings to avoid gas or water leaks. Flexible fittings are more resistant to breakage.
10. Know where and how to shut off electricity, gas, and water at main switches and valves.

### Hold Earthquake Drills With Your Family

- Locate safe spots in each room under a sturdy table or against an inside wall. Reinforce this information by physically placing yourself and your family in these locations.

- Identify danger zones in each room—near windows where glass can shatter, bookcases or furniture that can fall over, or under ceiling fixtures that could fall down.

### Review Your Insurance Policies

- Check with your insurance agent to see if earthquake insurance is available and affordable.
- Some damage may be covered even without specific earthquake insurance.
- Protect important home and business papers.

### DURING AN EARTHQUAKE

The American Red Cross came up with the drop, cover and hold on method. Teach children this method, and practice it with them several times a year.

#### If you are indoors:

- Minimize your movements during an earthquake to a few steps to a nearby safe place. Stay indoors until the shaking has stopped and you are sure exiting is safe.
- **Drop.** Take cover under a sturdy desk, table, or bench, or against an inside wall, and hold on. Stay away from glass, windows, outside doors or walls, and anything that could fall, such as lighting fixtures or furniture. If you are in bed, stay there.
- **Cover.** Protect your head with a pillow, unless you are under a heavy light fixture that could fall.
- **Hold on.**
- If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building. Doorways should only be used for shelter if they are in close proximity to you and if you know that it is a strongly supported load-bearing doorway.
- Stay indoors until the shaking has stopped and you are sure exiting is safe. Most injuries during earthquakes occur when people are hit by falling objects when entering or exiting buildings.



**If you are outdoors:**

- Stay there.
- Move away from buildings, street lights and utility wires.

**If you live in an apartment building or other multi-level structure:**

- Get under a desk and stay away from windows and outside walls.
- Stay in the building (many injuries occur as people flee a building and are struck by falling debris from above).
- Be aware that the electricity may go out and sprinkler systems may come on.
- Do not use the elevators.

**If you're in a crowded indoor public location:**

- Stay where you are. Do not rush for the doorways.
- Move away from tall shelves, cabinets, and bookcases containing objects that may fall.
- Take cover and grab something to shield your head and face from falling debris and glass.
- Do not use the elevators.

**If you're in a moving vehicle:**

- Stop as quickly as safety permits and stay in the vehicle.
- Avoid stopping near or under buildings, trees, overpasses, or utility wires.
- When the quake stops, proceed cautiously (if possible), watching for road and bridge damage.

**If you become trapped in debris:**

- Do not light a match.
- Do not move about or kick up dust.

- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort—shouting can cause you to inhale dangerous amounts of dust.

## **AFTER AN EARTHQUAKE**

- Be prepared for aftershocks. These secondary shock waves are usually less violent than the main quake but can be strong enough to do additional damage to weakened structures.
- Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.
- If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway, and start mouth-to-mouth resuscitation.
- Maintain body temperature with blankets. Be sure the victim does not become overheated.
- Never try to feed liquids to an unconscious person.

### **If the electricity goes out:**

- Use flashlights or battery-powered lanterns.
- Do not use candles, matches, or open flames indoors after the earthquake because of possible gas leaks.

### **Check for damage:**

- Wear sturdy shoes in areas covered with fallen debris and broken glass.
- Check your home for structural damage. If you have any doubts about safety, have your home inspected by a professional before entering.
- Check chimneys for visible damage; however, have a professional inspect the chimney for internal damage before lighting a fire.
- Clean up spilled medicines, bleaches, gasoline, and other flammable liquids. Evacuate

the building if gasoline fumes are detected and the building is not well ventilated.

- Open cabinets cautiously. Beware of objects that can fall off shelves.

#### **Visually inspect utility lines and appliances for damage.**

- If you smell gas or hear a hissing or blowing sound, open a window and leave. Shut off the main gas valve. Report the leak to the gas company from the nearest working phone or cell phone available. Stay out of the building. If you shut off the gas supply at the main valve, you will need a professional to turn it back on.
- Switch off electrical power at the main fuse box or circuit breaker if electrical damage is suspected or known.
- Shut off the water supply at the main valve if water pipes are damaged.
- Do not flush toilets until you know that sewage lines are intact.

#### **Cautions:**

- Use the phone only to report life-threatening emergencies.
- Listen to news reports for the latest emergency information. (A battery and/or solar powered radio would come in handy at this point.)
- Stay off the streets. If you must go out, watch for fallen objects, downed electrical wires, and weakened walls, bridges, roads, and sidewalks.

# TORNADOES

---

## BEFORE TORNADOES THREATEN

1. Know the terms used to describe tornado threats:
  - Tornado Watch — means tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to radio or television to know when warnings are issued.
  - Tornado Warning — means a tornado has been sighted or indicated by weather radar. Take shelter immediately.
2. Ask your local emergency management office or American Red Cross chapter about the tornado threat in your area. Ask about community warning signals.
3. Listen for local radio or television weather forecasts. Purchase a NOAA Weather Radio with battery backup and tone alert feature that automatically alerts you when a watch or warning is issued.
4. Know the county or parish in which you live. Counties and parishes are used in watches and warnings to identify the location of tornadoes.
5. Determine places to seek shelter, such as a basement or storm cellar. If an underground shelter is not available, identify an interior room or hallway on the lowest floor.
6. Practice going to your shelter with your family.
7. Know the locations of designated shelters in places where you and your household spend time, such as public buildings, nursing homes, and shopping centers. Ask local officials whether a registered engineer or architect has inspected your children's schools for shelter space.
8. Ask your local emergency manager or American Red Cross chapter if there are any public safe rooms or shelters nearby.
9. Assemble a disaster supplies kit, which should include a first-aid kit and your 72-hour packs. Keep a stock of food and extra drinking water.
10. Make a record of your personal property. Take photographs or videotapes of the exterior and interior of your home, including personal belongings. Store documents in a safe place, such as a safe deposit box.

## DURING A TORNADO WATCH

1. Listen to a NOAA weather radio or television newscasts for the latest information.
2. **Be alert for approaching storms.** If you see any revolving funnel-shaped clouds, report them immediately by telephone to your local police department or sheriff's office.
3. Watch for tornado danger signs.

- Dark, often greenish sky
  - Large hail
  - A large, dark, low-lying cloud (particularly if rotating)
  - Loud roar, similar to a freight train.
  - Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others.
  - Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible.
  - Before a tornado hits, the wind may die down and the air may become very still.
  - A cloud of debris can mark the location of a tornado even if a funnel is not visible.
  - Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.
4. Avoid places with wide-span roofs such as auditoriums, cafeterias, large hallways, supermarkets, or shopping malls.
  5. Be prepared to take shelter immediately. Gather household members and pets. Assemble supplies to take to the shelter such as flashlight, battery-powered radio, water, and first aid kit.

### **DURING A TORNADO WARNING**

When a tornado has been sighted, go to your shelter immediately.

1. In a residence or small building, move to a predesignated shelter, such as a basement, storm cellar, or safe room or shelter.
2. If there is no basement, go to an interior room on the lower level (closets, interior hallways). Put as many walls as possible between you and the outside. Get under a sturdy table and use arms to protect head and neck. Stay there until the danger has passed.
3. Do not open windows. Use the time to seek shelter.
4. Stay away from windows, doors, and outside walls. Go to the center of the room. Stay away from corners because they attract debris.
5. In a school, nursing home, hospital, factory, or shopping center, go to predetermined shelter areas. Interior hallways on the lowest floor are usually safest. Stay away from windows and open spaces.

6. In a high-rise building, go to a small, interior room or hallway on the lowest floor possible.
7. Get out of vehicles, trailers, and mobile homes immediately and go to the lowest floor of a sturdy nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.
8. If caught outside with no shelter, lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of potential for flooding.
9. Do not get under an overpass or bridge. You are safer in a low, flat location.
10. Never try to outrun a tornado in urban or congested areas in a car or truck; instead, leave the vehicle immediately for safe shelter. Tornadoes are erratic and move swiftly.
11. Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

## AFTER A TORNADO

1. Look out for broken glass and downed power lines.
2. Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.
  - If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway, and commence mouth-to-mouth resuscitation.
  - Maintain body temperature with blankets. Be sure the victim does not become overheated.
  - Never try to feed liquids to an unconscious person.
3. Use caution when entering a damaged building. Be sure that walls, ceiling, and roof are in place and that the structure rests firmly on the foundation. Wear sturdy work boots and gloves.
4. Do not drink or prepare food with tap water until notified by officials that it is safe to do so.

# HURRICANES

---

## BEFORE THE HURRICANE COMES

1. Prepare to survive on your own for at least three days. Assemble a 72-hour kit, including food and drinking water. Choose food that needs no preparation such as freeze dried pouches, energy or granola bars, small cans of food with pop tops. Water in a disaster kit is essential — bottles or pouches — as the water all around you will most assuredly be contaminated. Items like water purification tablets or drops, or a personal LifeStraw Personal Water Filter or LifeStraw Go Water Bottle are very handy.
2. Guns and ammunition. Let's admit it — we have all seen the looting and crime that comes in emergencies. Sad but true. Prepare for this.
3. Flashlights, batteries, candles, and lighters. Most likely there will be no electricity. Have several flashlights or other lighting methods and plenty of batteries — they don't last long when used a lot.
4. Purchase a NOAA Weather Radio with battery backup. Listen for local radio or television weather forecasts.
5. Have a way to cook food. Without electricity, explore ways to cook food in case you need to cook frozen foods that might spoil — propane, wood fire, charcoal using a cast iron Dutch oven.
6. Rain gear. Waders, water proof boots, ponchos, rain jackets, tarps, heavy duty plastic bags, water proof plastic containers — anything that puts you outside is going to be wet. Depending on the flood levels, you may need waders or even a boat or canoe.
7. Learn evacuation routes. Ask your local emergency management office about community evacuation plans relating to your neighborhood. Determine where you would go and how you would get there.
8. Fuel – If you know a flood is coming, fill up your gas tanks and your gas cans beforehand. After the storm is always too late.
9. Create a household disaster plan. Talk to your family about hurricane preparation issues, including where to meet in emergencies.
10. Make plans to secure your property such as permanent storm shutters for windows.

Boarding up windows is also an option. Have them pre-cut and ready to install.

11. Learn how to shut off utilities and where gas and water shutoffs are located. Do not shut off the gas for practice – only the gas company can turn it back on.
12. Install straps or additional clips to securely fasten your roof to the frame structure. This may substantially reduce roof damage.
13. Clear dead limbs or trees that could cause personal injury or property damage. Clean rain gutters and downspouts.
14. If you own a boat, make sure it is secured.
15. Purchase flood insurance if it is available in your area. Purchase it well in advance as there is a 30-day waiting period before it takes effect.
16. Make a record or copy of your personal property and important papers. Take photographs or videotapes of the exterior and interior of your home, including personal belongings. Make copies of important documents. Store these in a safe place, such as a safe deposit box and/or your emergency preparedness kit planner.

## DURING A HURRICANE THREAT

1. Listen to radio or television newscasts. If a hurricane watch is issued, you typically have 24–36 hours before the hurricane hits land.
2. Make sure all family members know where to meet.
3. Secure your home according to the items above that you have prepared.
4. Gather several days' supply of food and water for every family member. Since water systems may become contaminated or damaged, sterilize the bathtub and other containers with a diluted bleach solution (1 part bleach to 10 parts water) and fill them with clean water in case you are unable to or told not to evacuate.
5. If you are evacuating, take your disaster supplies kit with you to the shelter. Remember that alcoholic beverages and weapons are prohibited within public shelters. Pets are not allowed in public shelters due to health reasons, so make sure your pets are safe somewhere.
6. Prepare to evacuate.



7. Evacuate to an inland location if:

- Local authorities announce an evacuation and you live in an evacuation zone.
- You live in a mobile home or temporary structure – they are particularly hazardous during hurricanes, no matter how well fastened to the ground.
- You live in a high-rise. Hurricane winds are stronger at higher elevations.
- You live on the coast, on a floodplain, or near a river or inland waterway.
- You feel you are in danger.

8. When authorities order an evacuation:

- Leave immediately.
- Follow evacuation routes announced by local officials.
- Stay away from coastal areas, riverbanks, and streams.
- Tell others where you are going.

9. If you are not required or are unable to evacuate, stay indoors during the hurricane and away from windows and glass doors. Keep curtains and blinds closed. Do not be fooled if there is a lull; it could be the eye of the storm – the winds will pick up again.

- If not instructed to turn it off, turn the refrigerator to its coldest setting and keep it closed.
- Turn off propane tanks.

10. In strong winds, follow these hurricane preparation rules:

- Take refuge in a small interior room, closet, or hallway.
- Close all interior doors. Secure and brace external doors.
- In a two-story residence, go to an interior first-floor room, such as a bathroom or closet.
- In a multi-story building, go to the first or second floors and stay in interior rooms away from windows.
- Lie on the floor under a table or other sturdy object.

11. Avoid using the phone except for serious emergencies. Local authorities need first priority on telephone lines.

## AFTER A HURRICANE

1. Stay where you are if you are in a safe location until local authorities say it is safe to leave.

2. Stay tuned to local radio or television stations for information about caring for your household, where to find medical help, how to apply for financial assistance, and so on.
3. Drive only when necessary. Streets will be filled with debris. Roads will have weakened and could collapse. Do not drive on flooded or barricaded roads or bridges. Roads are closed for your protection. As little as 6 inches of water may cause you to lose control of your vehicle – 2 feet of water will carry most cars away.
4. Do not drink or prepare food with tap water until notified by officials that it is safe.
5. Consider your family's health and safety needs. Be aware of symptoms of stress and fatigue. Keep your household together and seek crisis counseling if you have need.
6. Talk with your children about what has happened and how they can help during the recovery. Being involved will help them deal with the situation. Consider the needs of your neighbors. People often become isolated during hurricanes.
7. Stay away from disaster areas unless local authorities request volunteers. If you are needed, bring your own drinking water, food, and sleeping gear.
8. Stay away from riverbanks and streams until potential flooding has passed. Do not allow children to play in flooded areas. There is a high risk of injury or drowning in areas that may appear safe.
9. Stay away from moving water. Moving water only six inches deep can sweep you off your feet. Standing water may be electrically charged from underground or downed power lines.
10. Stay away from downed power lines and report them to the power company. Report broken gas, sewer or water mains to local officials.
11. Don't use candles or other open flames indoors. Use a flashlight to inspect damage.
12. Set up a manageable schedule to repair property.
13. Contact your insurance agent.

**IMPORTANT:** Many of the injuries that people suffer AFTER the hurricane passes happen while helping to clean up debris. Keep a pair of heavy boots and leather gloves handy to use in clean up as there most likely will be nails, glass, and splintered wood. Also watch for downed power lines, ruptured gas lines and damaged structures that could fall.

# FLOODS

---

## BEFORE A FLOOD

Floods are a natural disaster that can happen no matter where you live, but especially if you live in a low-lying area, near water, at the bottom of a hill/mountain, or downstream from a dam.

1. Know the terms used to describe flooding:
  - **Flood Watch** – Flooding is possible. Watches are issued 12–36 hours in advance of a possible flooding event.
  - **Flash Flood Watch** – Flash flooding is possible. Be prepared to move to higher ground. A flash flood could occur without any warning.
  - **Flood Warning** – Flooding is occurring or will occur soon. If advised to evacuate, do so immediately.
  - **Flash Flood Warning** – A flash flood is occurring. Seek higher ground on foot immediately.
2. Do some research in your area. Ask local officials whether your property is in a flood-prone or high-risk area. Ask about official flood warning signals and what to do when you hear them. Also ask how you can protect your home from flooding.
3. Purchase a NOAA Weather Radio with battery backup or rechargeable battery and a tone alert feature that automatically alerts you when a watch or warning is issued.
4. Be prepared to evacuate. Explore your area and learn your community's flood evacuation routes and where to find high ground.
5. Talk to your family about the possibilities of flooding. Plan a place to meet in case you are separated from each other and cannot return home.
6. Prepare to survive on your own for at least three days. Assemble 72-hour kits for each member of your family. Have some food storage and a water supply for emergencies such as this. Know how to shut off electricity, gas, and water at the main switches and valves. Know where gas pilot lights are located and how your heating system works.
7. Consider purchasing flood insurance.

8. Record all of your personal property, either using a camera, videotapes, or just writing everything down. Store these in a safe place.
9. Install check valves in sewer traps to prevent floodwater from backing up into the drains of your home.
10. Construct barriers such as levees, berms, and flood walls to stop floodwater from entering the building.
11. Seal walls in basements with waterproofing compounds to avoid seepage.
12. Call your local building department or emergency management office for more information.

## DURING A FLOOD

1. Listen to the radio or television stations for local information.
2. Flash floods can occur in drainage channels, canyons, streams and other areas known to flood suddenly.
3. If local authorities issue a flood watch, prepare to evacuate.
4. Secure your home if you have time. Tie down or bring outdoor equipment and lawn furniture inside. Move essential items to upper floors.
5. Turn off utilities at the main switches or valves. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
6. Sterilize the bathtub with a diluted bleach solution and then fill it full in case water becomes contaminated or services cut off or use your Water BOB.
7. Do not walk through moving water. Six inches of moving water can knock you off your feet. If you must walk in a flooded area, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
8. Be aware of the kind of flooding that is happening around you. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.

## AFTER A FLOOD

1. Avoid floodwaters. The water may be contaminated by oil, gasoline, or raw sewage. The water may also be electrically charged from underground or downed power lines.
2. Avoid moving water. Moving water only six inches deep can sweep you off your feet.
3. Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
4. Stay away from downed power lines and report them to the power company.
5. Stay away from designated disaster areas unless authorities ask for volunteers.
6. Return home only when authorities indicate it is safe. Stay out of buildings if surrounded by floodwaters. Use extreme caution when entering buildings. There may be hidden damage, particularly in foundations.
7. Consider your family's health and safety needs:
  - Wash hands frequently with soap and clean water if you come in contact with floodwaters.
  - Throw away food that has come in contact with floodwaters.
  - Listen for news reports to learn whether the community's water supply is safe to drink or reports for information for assistance.
  - Seek necessary medical care at the nearest medical facility.
8. Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.
9. Contact your insurance agent. If your policy covers your situation, an adjuster will be assigned to visit your home. To prepare:
  - Take photos of your belongings and your home or videotape them.
  - Separate damaged and undamaged belongings.
  - Locate your financial records.
  - Keep detailed records of cleanup costs.

## WHEN A WILD FIRE THREATENS

---

### TIPS FOR QUICK EVACUATION

- Have your bug-out bags ready at all times. Always have a bug-out bag ready. There may be no warnings because fire conditions could change rapidly depending mostly on the weather – such as the wind. If you are near the origin of the fire, just plan to leave.
- Keep swimming goggles and N95 masks in your vehicle for all family members. Swimming goggles are an excellent idea as they will keep the dense smoke out of your eyes so you can see. Masks will filter the air somewhat so that you aren't overcome by inhaling smoke. I recommend these goggles and these masks – the kind with the valves offer you the most protection.
- Keep your vehicle full of fuel. Any crisis scenario is not a good time to run out of gas. Depending on the extensiveness of the fire, the gas stations may not be open for business.

### ADEQUATE WILD FIRE PROTECTION FOR YOUR HOME

Once a fire starts outdoors in a rural or forest area, it is often hard to control. Consider these facts:

- How far is your home from a fire station? The farther away, the longer response times. And wildland firefighters are trained to protect natural resources, not homes and buildings.
- How much water is available to suppress the fire or wet down your house to try and save it?
- Is your home surrounded by woods, dense brush, or combustible vegetation that will fuel the fire?

### TIPS FROM THE RED CROSS DISASTER PREPAREDNESS

1. Ask fire authorities for information about wild fires or forest fires in your area. Request that they inspect your residence and property for hazards.
2. Be prepared and have a fire safety and evacuation plan:

- Practice fire escape and evacuation plans.
- Post your address at the entrance to your property with clearly visible signs that can be seen from the road, in daylight and dark.
- Know what local emergency services are available and have those numbers posted near your telephone.
- Make sure your driveway is wide enough for emergency vehicles with an adequate turnaround area.

## TIPS FOR MAKING YOUR PROPERTY FIRE RESISTANT

With some planning, these tips could help you have adequate wild fire protection.

1. Keep lawns trimmed, leaves raked, and the roof and rain gutters free from debris such as dead limbs and leaves.
2. Stack firewood at least thirty feet away from your home.
3. Store flammable materials, liquids and solvents in metal containers outside the home at least thirty feet away from structures and wooden fences.
4. Clear trees and brush back at least 30 feet from around your home. Beyond thirty feet, remove dead wood, debris, and low tree branches.
5. Landscape your property with fire-resistant plants and vegetation to prevent fire from spreading quickly. (hardwood trees are more fire-resistant than pine, evergreen, eucalyptus, or fir trees)
6. Make sure water sources, such as hydrants, ponds, swimming pools, and wells, are accessible to the fire department.

## TIPS TO PROTECT YOUR HOME

1. Good wild fire protection would be to use fire-resistant roofing, and materials like stone, brick and metal on the outside of your home. Avoid using wood materials.
2. Cover all exterior vents, attics, and eaves with metal mesh screens no larger than six millimeters or one-quarter inch to prevent debris from collecting and to help keep sparks out.

3. Install multi-paned windows, tempered safety glass or fireproof shutters to protect large windows from radiant heat.
4. Use fire-resistant draperies for added window protection.
5. Have chimneys, wood stoves, and all home heating systems inspected and cleaned annually by a certified specialist.
6. Insulate chimneys and place spark arresters on top. Chimney should be at least three feet above the roof.
7. Remove branches hanging above and around the chimney.

## WHAT TO DO IF WILDFIRE THREATENS YOUR HOME?

### Inside (if time permits):

1. Shut off gas at the meter. Turn off pilot lights.
2. Open fireplace damper. Close fireplace screens.
3. Close windows, vents, doors, blinds or noncombustible window coverings, and heavy drapes. Remove flammable drapes and curtains.
4. Move flammable furniture into the center of the home, away from windows and sliding glass doors.
5. Close all interior doors and windows to prevent drafts.
6. Place valuables that will not be damaged by water in a pool or pond.
7. Gather pets into one room. Make plans to care for your pets if you must evacuate.
8. Back your car into the garage or park it in an open space facing the direction of escape. Shut doors and roll up windows. Leave the key in the ignition and the car doors unlocked. Close garage windows and doors but leave them unlocked. Disconnect automatic garage door opener.

### Outside (if time permits):

1. Seal attic and ground vents with precut plywood or commercial seals.
2. Turn off propane tanks.



3. Place combustible patio furniture inside.
4. Connect garden hose to outside taps. Place lawn sprinklers on the roof and near above-ground fuel tanks. Wet the roof.
5. Wet or remove shrubs within fifteen feet of the home.
6. Gather fire tools such as a rake, ax, handsaw or chainsaw, bucket, and shovel.

If advised to evacuate, do so immediately. Choose a route away from the fire hazard. Watch for changes in the speed and direction of fire and smoke.

## FINANCIAL READINESS LIST

In this uncertain world, our survival preparations should include financial readiness. Earthquakes are often thought of as just a West Coast issue, but 45 states are also at risk of quakes. Earthquakes give us no warnings. Other disasters such as hurricanes and tornadoes do give us some advance warning. That's why we should prepare ahead for any crisis and that includes our finances.

Consider the following financial tips when developing your financial disaster plan:

- Gather all financial records in one spot at home, preferably store in a fireproof safe. Keep copies in your safe; send a copy to a trusted relative or friend off-site; and store the originals in a safe deposit box. Everyone who lives in your home may not be there when the disaster strikes; inform all family members where your "go-box" or safe is located, and instruct them that they are to bring it with them when evacuating.
- Copy the front and back of all credit cards, debit cards and ATM cards. You will need this information for ease in contacting the issuing bank.
- After the event, call the credit card companies and alert them to expect purchases outside of your normal charging pattern. You do not want to have the use of your credit cards compromised due to purchases being made in a different city or state.
- Include a spare set of checks in your go-box. You want to be able to access money from your bank, and not totally rely upon credit cards or your ATM.
- Keep an amount of cash on hand to sustain you short-term. If electrical power is lost, ATMs will not be working, thus having cash is critical.
- Make a list of all financial institutions with which you do business, including brokerage houses. Be sure to include contact information and account numbers.
- Have the contact information of your insurance agent as well as the policy in hand. This will be immensely helpful when making a claim, and put you near the front of the line. To avoid any unpleasant surprises, have an annual insurance check-up to confirm that you fully understand your coverage and deductibles. An emergency is no time to find out about unforeseen gaps in your coverage.
- Have a complete household inventory in an off site location. Pictures or videos will

make claims much easier, and the last thing you want to do under stress is rely on your memory.

- Have utility company information available in case you want to stop some bills. If your residence is uninhabitable or totally destroyed, notify utility companies and other service companies, such as the phone company, so they can stop billing immediately. Oftentimes a utility company will transfer service to a new address and waive initial connection charges.
- Protect your identity. Notify the three credit bureaus that you have been affected by a man-made or natural disaster. By placing a fraud alert on your accounts, creditors must contact you before opening any new accounts or making changes to existing accounts. This also will help to avoid becoming a victim of identity theft, as crooks seems to thrive on distressed individuals. With mail interrupted, it could be months before you even knew that charges were being added to your accounts.

Equifax (800) 685-1111 or [www.equifax.com](http://www.equifax.com)

Experian (800) 397-3742 or [www.experian.com](http://www.experian.com)

TransUnion (800) 888-4213 or [www.transunion.com](http://www.transunion.com)

If you are displaced for a period of time, your income may be interrupted. Review your financial situation and develop a realistic budget to cover the time it will take to recover. Determine what obligations can be regularly paid until the financial picture improves. If all known expenses cannot be covered, contact creditors and try to negotiate a payment plan. While many will be willing to accommodate the request, starting the conversation is the first step. A certified credit counselor also can help contact creditors and negotiate an appropriate payment plan on your behalf.

## 20 MONEY SAVING TIPS

1. The library is free. Go there for your entertainment. Check out DVDs, music CDs, and books. (Actually read together – WOW! What a concept!)
2. Stop going out to eat – or go less often.
3. Need a beer? Buy less and in smaller quantities. Cheap wine can be great too. (There are some seriously great wines for under \$10/bottle. We know. We've tried many of them!)
4. Do your kids really need that toy? Put away several toys for a few months. When you retrieve them, they will play with them as if they are new. Then hide some others.
5. Can you cut back on cell phone charges? Disconnect the home phone and only have a cell. Use the family plans that most service providers have available.
6. Reduce your cable/satellite bill by going back to the "basic" plan. You can also see some of your favorite TV shows on the internet for free.
7. Can you increase your deductible on car insurance, thereby reducing your payments?
8. Don't go to Starbucks for coffee.
9. Brown-bag your lunch. (A little tip: cook your favorite foods in LARGE quantities, then put in serving-size containers and freeze – then lunches are a breeze – just grab and go.)
10. When grocery shopping, only buy what is necessary. Try not to buy processed, packaged foods. Make a list and stick to it. Buy store brands – they taste just as good and cost less. Skip the temptation to buy anything that is not on your list or that "calls your name" at the checkout. (If you buy any extras, make it a can of something for your food storage.)
11. Something broken – fix it instead of buying a new one.
12. Save coupons – for groceries, oil changes, dental visits, hair cuts (or learn how to cut hair yourself and buy a good electric clipper set. Cost – \$15–\$25). Subscribe to a coupon web site – there are plenty out there.
13. Shop the second-hand clothing stores or garage sales for huge savings. Look for

discounts at stores like Sam's Club or Costco.

14. Wash your own car in the driveway.

15. Watch sales for gift buying and needed items.

16. Freeze leftover food then have a "restaurant night" with all the leftovers. Pretend you're the waitress/waiter and take the kids' orders. Tell them what's on the menu and let them each choose different meals. Then just microwave your frozen leftovers and enjoy.

17. Run the air conditioner a little higher and the heat a little lower. You can always put on more clothes or take off more clothes (uhhh . . . close the drapes!)

18. Take the bus, ride a bike, or walk as many places as you can.

19. Try to pay cash for everything – saves interest charged on credit card payments. Or charge everything on a credit card that accumulates points. Pay off the balance every month (be careful here about how much you charge on it), then use the points for gift cards at your favorite retailer or restaurant.

20. Don't feel self-conscious or guilty about accepting donations of clothing, money, food or whatever. Just be gracious and say, "Thank you!"

# HOW TO SURVIVAL A FINANCIAL CRISIS

## 8 WAYS TO PREPARE

1. You can't save everyone but you can do much to prepare your family. So where do you start?
2. If you have debts, don't pay them off — just pay the minimums plus a couple of dollars over. Now I know that contradicts probably everything you've ever been told. But here's a question for you: Would you rather have no debt and no cash to pay rent and buy food, or would you rather have debt and some cash to survive?

That's why you should not get over zealous and try to pay down your debt right now. Under "normal" circumstances, paying down your debt is the best strategy. But we're not in normal mode anymore.

3. If you have an interest-only loan but have also been making principal payments, stop. Just pay the interest for now. When things improve and there is more stability, you can start paying down the principal again.
4. If you're paying a student loan, check the rules of your loan. Many government sponsored loans do not require you to pay on it if you are a student. Take a class (one that increases your skills or employability) for \$50 and find out how to stop paying on the loan – for a while.
5. Renegotiate your credit card payments or interest. Call the credit card companies and ask if they will give you a better interest rate. Or take advantage of a low interest or no interest balance transfer (usually available to those with good credit).
6. Stop contributing to your children's college savings plans. (You can start this up again when the economy improves.)
7. Set up a budget. Go through your expenses with a fine-tooth comb and postpone, eliminate or reduce any that you can.
8. Do everything you can to keep your job. As long as you have income coming in, you should be okay. In a growth economy, it's much easier to find a new job, but this isn't that kind of economy.

9. Find ways to have multiple streams of income. Can you make extra money with some skill or hobby you have developed?

**The bottom line: hoard CASH by making minimum payments on all debts.** You might also want to put a bunch of that cash in a safe in your home rather than a bank. You know — just in case there's no electricity and the ATMs don't work, or the bank fails, or the FDIC runs out of money to pay everyone should there be a run on the bank.

**Do not expect help from the government.** If you are a small business person and your business is in trouble, do you think for one minute that the government is going to bail YOU out? Can you raise your prices 100%, 500% so that you can make a profit and keep your business going in these tough economic conditions? Only if you want to kill it completely!

Self-reliant people do not need the government to provide all the services that it tries to give us. Governments that provide too much take away our power and, unfortunately, too many people are allowing it. They are willingly giving the government their power.

## FAMILY SURVIVAL PLANNING AND MORE . . .



I'd like to invite you to sign up for my monthly free newsletter. It will update you on the latest articles, share survival tips and ideas to help your family become more prepared.

Visit at:

<http://www.FamilySurvivalPlanning.com/family-survival-planning-alert.html>

<https://www.facebook.com/familysurvivalplanning>

[https://twitter.com/family\\_survival](https://twitter.com/family_survival)