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## Visual Checklist for Disaster Supplies

 Water	 Food	 Prescription Medications	 First Aid Kit	 Baby Supplies	 Pet Supplies	 Bleach & Eye-dropper
 Mylar Blanket	 Blankets	 Sleeping Bag	 Glasses & Eye Protection	 Extra Clothing	 Personal Hygiene	 Towelettes
 Towels	 Sanitation	 Plastic Sheetting	 Tube Tent	 Backpack	 Dust Mask	 Work Gloves
 Flashlight	 Batteries	 Matches	 Candles	 Lightsticks	 Knife	 Multi-purpose Tool
 Wrench, Pliers, Crowbar	 Rope / Cord	 Duct Tape	 Can Opener	 Kitchen Items	 Scissors	 Fire Extinguisher
 Compass	 Pen & Paper	 Radio	 Cell Phone & Charger	 Whistle	 Signal Mirror	 2-way Radios
 Emergency Guide/Plan	 Family Documents	 Maps	 Camera	 Games & Books	 Extra Keys	 Cash, Travelers Checks, Coins

### References



You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer.

Ready America

1. Get a kit
2. Make a plan
3. Be informed

Checklist prepared with guidance from Craig Baldwin, Tracy Burt, Adagail Cerniak, Michelle Gregory, Hideko Kanegai PhD, Andy Parish, Lisa Peffer, Hari Srinivas PhD, June Stephens, Tomoko Sugatani and Bob Weil.

Spring 2011



Emergency Comfort Kit Guide  
www.stephensplanning.com/comfort\_kit.pdf



# Emergency Preparedness Checklist

Since there is a very good chance the world will be plunged into nuclear war, we want to remind you of the 5 basic essentials you should have. If you're not able to get all of the supplies below to help you survive in case you're not on a pickup list, or your pickup is delayed, then you will need:

1. Knife (utility and defense)
2. Blanket (basic shelter)
3. Fishing Net (if there is a body of water nearby, you will eat)
4. Simple Water Distiller (if there is a body of water nearby, you will drink)
5. Matches (cooking, distilling, light and heat)

Water Distillers can be built in under an hour from basic things found in the home.

## The following are essential Emergency Supplies

### Water

- One 5-gallon water jug per person, in addition to three 10-liter jugs per person
- Water Filtration / Purification
- 1-2 weeks worth of water per person for all purposes

### Shelter

- Blankets
- Portable Tents
- Backpacks

### Communication

- Crank Radio
- Cell phone with extra battery
- Whistle

### Tools

- Hatchet
- Shovel
- Duct Tape
- Rope

### First Aid

- First Aid Kit
- Dust Masks
- Vitamin Supplements
- Potassium iodide tablets
- Breathing Apparatus

### Energy

- Firewood
- Charcoal
- Generator
- Lighter Fluid
- Propane
- Batteries
- Flashlight
- Candles

### Navigation

- Compass
- Maps
- Walking Sticks
- Walking Shoes
- Hats & Sun-Glasses (sun exposure)

### Food

- 1-2 weeks worth of Food
- Canned Food preferred
- Can opener
- Cooking Oils
- Ensure canned goods are in varieties of meats, vegetables, fruits, soups, and potatoes
- Pet Food
- Canned fruit juice

### Additional Items

- Insect Repellent

### Emergency Money

- Gold & Silver
- Cash
- Familiarize yourself with Cryptocurrency

### Personal Hygiene

- Baking Soda
- Toothpaste
- Deodorant
- Female hygiene products
- Baby wipes
- Paper towels
- Toilet Paper



## Important

- Locate the nearest fallout or blast shelter.
- Gather location phone numbers.
- Maintain all emergency contact numbers.
- Determine everyone's special needs, allergies, etc.
- Search the Internet (Google, YouTube, etc.) for survival means.
- Maintain photographs of family and loved ones if separated.

## Special Notes

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