



The Complete & Enhanced Urban Survival Checklist

This comprehensive checklist is designed for individuals and families to prepare for emergencies within a city environment. It covers essential gear, knowledge, and planning for both sheltering in place and potential evacuation.

I. Essentials (Go-Bag / 72-Hour Kit)

This is your core kit, designed to get you through the first 72 hours of an emergency. Store in an easy-to-grab backpack or duffel bag.

- **Water & Hydration:**
 - 1 gallon of water per person per day for at least 3-7 days (for drinking and sanitation).
 - Water purification tablets or drops.
 - Portable water filter (e.g., Lifestraw, Sawyer Mini).
 - Collapsible water bottles or hydration reservoir.
 - Sillcock key (to access water from commercial building spigots).
 - Metal container for boiling water.
 - **Bleach Tablets/Powder (small quantity):** More stable than liquid bleach for water purification and general sanitation.
- **Food:**
 - At least a 3-7 day supply of non-perishable, ready-to-eat food (e.g., energy bars, MREs, canned goods, dried fruit, nuts).
 - Manual can opener.
 - Mess kit, paper cups/plates, plastic utensils.
- **First Aid & Health:**
 - Comprehensive first-aid kit (bandages, gauze, antiseptic wipes, medical tape, pain relievers, anti-diarrhea medication, antacids, laxatives, tweezers, scissors, etc.).
 - **Trauma Kit (IFAK):** Includes tourniquets, hemostatic gauze, chest seals, and pressure bandages for severe bleeding/trauma.
 - 7-day supply of prescription medications (with list of dosages and doctor info).
 - Non-prescription medications (aspirin, ibuprofen, allergy meds, etc.).
 - **Oral Rehydration Salts (ORS):** Critical for preventing dehydration.
 - Personal hygiene items (moist towelettes, hand sanitizer, soap, toilet paper, feminine supplies).



- **Hand Sanitizer (larger supply).**
- **Dust masks (N95 or P100 to filter contaminated air) - multiple.**
- **Safety Glasses/Goggles/Face Shield:** To protect eyes from debris, chemicals, or infectious aerosols.
- Sunscreen and insect repellent.
- Extra eyeglasses or contact lenses/solution.
- Any specific medical devices or supplies for family members (e.g., infant formula, diapers, pet food/water).
- **Potassium Iodide (KI) Tablets:** If living near a nuclear power plant.
- **Shelter & Warmth:**
 - Emergency blankets (Mylar or wool).
 - Sleeping bag or warm blanket for each person.
 - Change of weather-appropriate clothing and sturdy shoes for each person.
 - Rain gear (poncho or waterproof jacket).
 - **Disposable Rain Ponchos (several):** Multi-use for rain, ground cover, makeshift shelter.
 - Gloves (work gloves for debris, warm gloves for cold).
 - **Heavy-Duty Work Gloves (e.g., mechanics gloves):** For handling sharp debris, glass, hot surfaces.
 - Hat.
 - Small tent or tube tent (if evacuation is likely).
 - Plastic sheeting and duct tape (for makeshift shelter or sealing a room).
- **Light & Power:**
 - Flashlight (LED preferred) with extra batteries.
 - Headlamp with extra batteries.
 - Battery-powered or hand-crank radio (NOAA Weather Radio with tone alert).
 - **Portable Power Bank/Charger (high capacity) for cell phones and other small electronics.**
 - Extra batteries (AA, AAA, 9V, etc.).
- **Tools & Utility:**
 - Multi-tool (pliers, knife, screwdrivers, can opener).
 - Utility knife/folding knife.
 - Wrench or pliers (to turn off utilities like gas and water).



- **Compact Bolt Cutters/Pry Bar (larger than multi-tool):** For gaining access through fences or light barriers, or freeing yourself from collapsed structures.
- **Tactical Pen or Glass Breaker:** For emergency egress from vehicles or buildings.
- Duct tape.
- Paracord (50-100 feet).
- Permanent marker and paper/notebook.
- **Zip ties (various sizes).**
- Fire starting essentials (waterproof matches, lighter, fire starter).
- Whistle (to signal for help).
- Small shovel/entrenching tool (for sanitation or digging).
- **Crowbar or pry bar (for gaining entry or clearing debris).**
- Can opener.
- Sewing kit.
- **Chalk/Spray Paint:** For marking routes, leaving messages, or signaling.
- **Heavy Duty Contractor Bags:** For waste, water collection, makeshift shelter.
- **Small Mirror/Signal Kit:** For signaling from rooftops or elevated positions.
- **Magnifying Glass:** For fire starting, or inspecting small details.
- **Navigation & Communication:**
 - Local maps (physical, not relying on digital).
 - Compass.
 - **Mini Binoculars/Monocular:** For observing distant threats or opportunities.
 - Cell phone with chargers (car charger, wall charger) and backup battery.
 - **Portable Power Bank/Charger (high capacity) for cell phones.**
 - Emergency contact list (written on paper, laminated).
 - Signal mirror.
 - (Optional) Two-way radios (walkie-talkies) for short-range communication.
 - (Optional) Small AM/FM radio with headphones.
 - **Shortwave Radio:** For receiving international news or long-distance emergency broadcasts.
 - **SDR (Software Defined Radio) Dongle with Laptop:** For advanced frequency scanning (requires technical knowledge).
 - **Spare "Burner" Phone (Prepaid):** A cheap, unlocked phone with a prepaid SIM card.



- **Small Dry Erase Board/Markers:** For leaving messages on a predetermined rally point.
- **Self-Defense:**
 - Pepper spray or other non-lethal self-defense tools.
 - (If legally owned and trained) Firearm with adequate ammunition.
 - Tactical gloves.
- **Urban Mobility:**
 - **Compact Folding Bicycle/Scooter:** For silent, fuel-free movement through congestion/debris.
 - **Roller Skates/Inline Skates:** For compact, human-powered mobility on clear paths.

II. Important Documents & Financials

- **Copies of Important Documents (waterproof bag/container):**
 - Identification (driver's license, passport, birth certificates).
 - Insurance policies (home, auto, health, life).
 - Bank account information, credit card numbers, and a list of important phone numbers.
 - Medical records and immunization records.
 - Will or power of attorney.
 - Property deeds or lease agreements.
 - List of important contacts (family, friends, doctors, etc.) with out-of-state contacts.
 - Emergency financial aid kit (PDF from ready.gov).
 - **Encrypted USB Drive:** Digital copies of all vital documents, family photos, software/manuals.
- **Cash:**
 - Small denominations of cash (ATMs and credit card machines may not work).

III. Home Preparedness (Shelter-in-Place)

Items for staying in your home if evacuation is not required or possible.

- **Water Storage:**
 - Larger quantities of stored water (e.g., 55-gallon drums) or a reliable rain collection system.
 - Water purification system for larger volumes.
- **Food Storage:**



- At least 2 weeks to 1 month supply of non-perishable food items for your household.
- Foods requiring no cooking or refrigeration in case of power outage.
- **Sanitation & Hygiene:**
 - Large plastic buckets with tight lids (for emergency toilet).
 - Garbage bags and plastic ties.
 - Household chlorine bleach (unscented) for sanitation (check label for disinfection use).
 - Disinfectant wipes and sprays.
 - Toilet paper.
 - **Personal Hygiene Kit (Travel-sized, multiple):** Toothbrush, toothpaste, small soap, comb, hand wipes.
- **Safety & Security:**
 - Fire extinguisher (ABC type).
 - Carbon monoxide detector with battery backup.
 - Smoke detectors with battery backup.
 - Secure doors and windows.
 - Tools for basic home repairs (hammer, nails, screws, basic toolbox).
 - **Plastic Sheeting (heavy gauge) & Duct Tape:** For sealing off a room against chemical/biological threats, or reinforcing windows.
- **Communication:**
 - Landline phone (if you have one, some may work without power).
 - Hand-crank or solar phone charger.
 - Backup communication plan with family/friends (out-of-state contact, predetermined meeting points).
 - **Knowledge of Public Message Boards/Rally Points:** Identify community communication hubs (e.g., libraries, fire stations).
 - **Local Emergency Broadcast Frequencies List.**
- **Cooking & Heating (without power):**
 - Propane camping stove or grill with extra fuel (use only outdoors or with extreme ventilation).
 - Sterno cans or solid fuel tablets.
 - Warm clothing, blankets, and sleeping bags.

IV. Vehicle Kit (Grab-and-Go for Car)



A smaller, specialized kit for your vehicle in case you are stranded or need to evacuate quickly.

- **Basic Essentials:**

- Water and non-perishable snacks.
- First-aid kit.
- Jumper cables.
- Flashlight and extra batteries.
- Basic tool kit.
- Tire repair kit and/or spare tire.
- Warm blanket or sleeping bag.
- Rain poncho.
- Maps (physical) of your local area and potential evacuation routes.
- **Local Transportation Maps (Bus/Subway):** Understanding the network for alternative routes.
- Cash.
- Phone charger (car adapter).
- (Optional) Small fire extinguisher.
- (Optional) Jump starter for your car battery.

V. Specific Needs

- **Infants/Young Children:**

- Diapers, wipes, formula, baby food.
- Medications.
- Comfort items (toy, blanket).
- Age-appropriate activities (books, small games).

- **Older Adults/Individuals with Disabilities:**

- Specific medications and medical supplies.
- Mobility aids (extra cane, portable wheelchair ramp).
- Hearing aid batteries, spare eyeglasses.
- Important medical information and contact numbers for caregivers/doctors.

- **Pets:**

- Pet food (at least a 7-day supply).
- Water and water bowls.
- Leash, collar, and ID tags.



- Pet carrier.
- Medications and vaccination records.
- Recent photo of your pet.

VI. Knowledge & Skills

- **First Aid & CPR:**
 - Take a certified first aid and CPR course.
 - **Advanced Trauma Care:** Learn how to use tourniquets, pack wounds, and chest seals.
- **Basic Survival Skills:**
 - Knot tying.
 - Fire starting.
 - Water purification methods.
 - Basic navigation.
 - Shelter building (even makeshift).
- **Urban-Specific Skills:**
 - Knowledge of local resources (water sources, public shelters, hospitals).
 - Understanding of local emergency broadcasts and warning signals.
 - Ability to assess building stability.
 - Awareness of potential urban hazards (debris, gas leaks, downed power lines).
 - **Situational Awareness Training:** Practice observing your surroundings, identifying potential threats and safe zones.
 - **Urban Foraging Knowledge (limited and with extreme caution):** Understand potentially edible plants in parks, but prioritize stored food.
 - **Bartering Skills & Small Trade Goods:** Items like alcohol, cigarettes, coffee, sugar, batteries, lighters, specialized tools.
 - **Self-Defense Training (Beyond pepper spray):** Unarmed combat, evasive maneuvers, and de-escalation techniques.
 - **Knowledge of Underground Tunnels/Pathways (caution advised due to hazards).**
 - **Route Diversification:** Plan multiple routes considering obstacles.
 - **"Gray Man" Principles:** The art of blending in and not drawing attention.
 - **Discreet Carry:** How to carry your go-bag and other essentials without drawing undue attention.

VII. Planning & Maintenance

- **Family Emergency Plan:**
 - Establish an out-of-state contact person.



- Designate a primary and secondary meeting place outside your home.
- Discuss how to contact each other if separated.
- Practice evacuation routes from home, work, and school.
- Know how to shut off utilities (gas, water, electricity) in your home.
- Familiarize yourself with your neighborhood and surrounding areas.
- **"Dead Man's Switch" Protocol:** A plan for sharing critical information if you become incapacitated.
- **Kit Maintenance:**
 - Check and rotate food and water supplies every 6-12 months.
 - Check expiration dates on medications and batteries.
 - Update clothing sizes and types as needed.
 - Re-evaluate your needs annually based on family changes or local risks.
 - Store kits in airtight, waterproof containers in an easily accessible location.
 - **Pre-downloaded Offline Maps (e.g., Google Maps offline areas) on devices.**

This comprehensive checklist provides a robust framework for urban survival preparedness. Remember that preparedness is an ongoing process, and it's crucial to tailor this information to your specific environment, family needs, and potential threats.