

# Survival Kit Suggestions

**At a minimum, you should have the basic supplies listed below.**

- 1. Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)**
- 2. Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)**
- 3. Flashlight**
- 4. Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)**
- 5. Extra batteries**
- 6. First aid kit - Trauma Kit**
- 7. Medications (7-day supply) and medical items**
- 8. Multi-purpose tool**
- 9. Sanitation and personal hygiene items**
- 10. Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)**
- 11. Cell phone with chargers**
- 12. Family and emergency contact information**
- 13. Extra cash**
- 14. Emergency blanket**
- 15. Map(s) of the area**

**After you gather those basic supplies for your kit, add unique things each member of your family may need, such as:**

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Depending on the types of disasters that are common where you live, also consider adding these things to your kit:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags
- AX (Safer than a Machete and the butt can double as a hammer)
- Wire and Rope
- Sewing Kit
- Cloth Bandana's

### **Miscellaneous and Self Defense**

- Small Note Pad/Pencils
- Sunglasses, N95 Mask, Latex Free Gloves, Resealable Bags, Clear Contractor Trash Bags, Parachute Cord 550 (50')
- Be well equipped to defend yourselves and hunt wild game if needed

### **Lighting**

- LED Headlamp
- Mini LED Keychain
- Light Glowstick
- Mini LED Light
- Tea Candles
- Solar Lantern / Charger
- Batteries
- Flairs

### **Communications**

A good way to recall the following is "P.A.C.E." — Primary, Alternate, Contingency, Emergency. They are as follows:

- Primary – Cell Phone
- Alternate – WIFI/Tablet
- Contingency – Ham Radio w/ License
- Emergency – Crank Power Charger with Signal Lights

## HEAT SOURCE

Having several means for starting a fire is also essential when bugging out. We recommend the following basics to be included in every bug out bag. The reason being, a survivalist and firearms expert friend of ours shared this piece of wisdom which has stuck with us ever since –

We recommend having at least 3 different means of starting a fire on your bug out bag list of items to pack.

- Lighter
- Ferrocerium Rod
- Tinder (Qty 3)
- Waterproof Storage

## HYGIENE

We've found that various aspects of personal hygiene are often overlooked when compiling a bug out bag list of essentials. But the implications of forgoing any of these for an extended period of time might lead to bacterial infections and a rapid deterioration in health. **When bugging out, you need to be at the top of your game, so be sure to pack these items.**

- Wet Napkins
- Hand Sanitizer
- All-Purpose Camp Soap
- Hygiene/Signal Mirror
- Small Pack Towels
- Travel Toilet Paper (Qty 2)
- Travel Size Toothbrush & Toothpaste
- Other Personal Hygiene Necessities

## Travel Aids

Depending on the situation you find yourself in, these items might prove quite useful. **Don't leave home without carefully thinking these through first.** Some question the effective use of quarters and precious metals in a modern bug out scenario. I'll leave it up to you to decide whether it is worth the few extra ounces to carry just in case.

- \$500 Minimum in Small Bills
- Quarters (Qty 8)
- Gold / Silver Bullion Coins
- Local Area Map
- Compass
- Small Note Pad / Pencil
- Cotton Bandanas

### **For your information:**

**We make it a practice to state this disclaimer whenever we can to avoid any confusion.**

- We're not certified experts, but we make it our aim to provide you with the best educational information possible in which we've consulted numerous experts. Even then, we don't know everything, and we still make mistakes just like the next person.
- The bug out bag list above isn't intended as Gospel truth. You owe it to yourself and your loved ones to do your own due diligence and come to your own conclusions. Your bug out bag will not automatically keep you alive. It is, however, intended to help you survive a bug out scenario.
- If you don't learn how to use these items effectively and practice using them on a regular basis, all the bug out bags in the world probably won't be able to help you.

Stay Prayed Up and Stay Prepared!!

God Be with Us All the Time!

Rhonda Fingar

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