

Family Basic Survival Plan

Start with a 72 Hour Emergency Survival Kit – Ready to Grab and Go

Basic Emergency supplies for 2 people for 72 hours. Keep one in each vehicle.

- Food
- Water
- Shelter
- First aid
- Communication
- Sanitation



2 Person/72 Hour Kit

To make your kit last for 14 days or longer, add from the following list.

Food Options:

- 3600 Calorie Energy Bars 7/family member (Not grocery store bars)
- MRE's (Meals Ready to Eat) 12/pack per person
- Freeze Dried Foods – Need some water
- Canned Foods – Heavy
- Packaged Entrees – Need some water
- Pet Food – Don't forget these family members

Need

Have

Notes

Cooking/Fuel Options:

- Fire Starter – Waterproof matches. FireSteel or similar fire starter, Lighter
- Quickfire Stove – Use charcoal, twigs, sterno, misc. fuels
- Volcano Stove – Propane, charcoal or wood
- Stove in a Can – Prepared fuel cells
- Propane Stove or Grill – Propane tanks
- Charcoal Grill – Charcoal
- Kindling and Lighter fluid or other fire starting products

Cooking/Utensils

- Mess Kits
- Hand Operated Can Opener
- Cookware,
- Multipurpose knife
- Utensils

Water:

Stored Water: Minimum 1 Gallon per Person/Day stored.
Survival Drinking Water Only - You will need more for food prep & washing.

- Gallon or bottled water from grocery store – rotate every 6 month.
- 55 Gallon Water Barrels – look for BPA free.
- Water Bricks – 3.5 Gallon containers. Easy to carry. Stackable
- Water Treatment Solution – extends stored water shelf life to 5 years
- Bleach – for untreated stored water before using (8 drops/liter – 16 drops/gal)

Water Filtration: Filter fresh water sources or compromised faucet water

- Water Filtration Bottle (Filters up to 100 Gallons)
- Water Filter for Buckets – Filters 1 million gallons. 200-300 gallons/day
- Water Filter Mint Straw – Filters 100,000 gallons

Sanitation, Hygiene and Personal Care:	Have	Need	Notes
<ul style="list-style-type: none"> • 5 Gallon Bucket with Cover to use as toilet. • Add a portable toilet seat. • Plastic Trash Bags – Large strong bags to line toilet. Pick up trash. • Toilet Paper • Moist Towelettes • Diapers • Feminine Hygiene • Hand Sanitizer • Liquid or bar soap • Tooth brush and toothpaste. 			
First Aid and Meds <ul style="list-style-type: none"> • Portable supply of Meds – one month supply • Prescription copies • Iodide tabs for radiation exposure • Silver solution • Cayenne Pepper for blood clotting • Latex gloves • First Aid – See First Aid Suggestion List on the back of the page. 			
Tools <ul style="list-style-type: none"> • Extra Work Gloves • Shovel, • Hatchet • Saw • Wrench • Gas Shut Off Wrench • Crowbar • Fire Extinguisher • Duct Tape • Hammer • Multipurpose Pocket Knife 			
Clothing & Shelter <ul style="list-style-type: none"> • Sturdy Shoes • Raingear • Hat and Jackets • Emergency blankets • Tent • Sleeping Bags 			
Light, Energy and Communications: <ul style="list-style-type: none"> • Flashlights • Solar/Crank Lantern • Extra Batteries • Radios – Battery operated, hand crank • Whistles for each family member • Generator and fuel 			
Misc: <ul style="list-style-type: none"> • Important Documents – ID, Insurance Papers, Passports • Extra cash – Small Denominations • Out of State Contact Plan. Cards with phone #'s for each family member • Gas – Keep a full tank of gas in your vehicles – ALWAYS! 			

• **This list is not comprehensive but a suggestion of basic needs for 14 days or longer survival.**

First Aid Supplies: Purchase a kit or pick items up at a local store or Dollar Store

	Need	Have	Notes
<ul style="list-style-type: none"> • sterile 4" adhesive bandages • sterile 4" x 4" gauze pads • 4" rolled gauze bandages • large triangular bandages • butterfly bandages • adhesive tape • scissors • tweezers • moistened towelettes • bar soap • latex gloves • aspirin & non-aspirin pain reliever • antacid • anti-diarrhea medication • insect repellent • hydrogen peroxide to disinfect wounds • alcohol • antibiotic ointment to dress wounds • anti-itch ointment • sunscreen • safety pins • needle & thread • plastic bags • feminine sanitary products • instant cold packs • eye wash solution • eye drops • pocket knife • splinting materials • first aid booklet 			

Online Resources:

- Peninsula Emergency Preparedness Committee (PEP-C) www.pep-c.org
- WA State Department of Emergency Management www.emd.wa.gov
- Prepare In One Year Booklet www.emd.wa.gov/preparedness/prepare_year.shtml
- Pierce County Emergency Management www.piercecountywa.org/dem

Supply Resources:

- Food Disaster Plan www.fooddisasterplan.com
- Request Online Catalog and Price List and Monthly Specials – contact info below.

Prepare your Family, Business, Neighborhood or Church – Free Consultation.

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