

Survival Supplies Checklist

As you add items to your list of survival supplies, check them off the list and fill in the date. For items that do not apply in your situation, simply write "N/A" in the blank.

Communications Supply List:

_____	Self-Powered (hand crank or solar) AM/FM/NOAA Weather Radio with flashlight	_____	House, apartment, and car insurance cards and policies
_____	Fully charged spare cell phone battery	_____	Poster board
_____	Car cell phone charger	_____	Markers
_____	List of emergency and family contact names, addresses, and phone numbers		

Safety Supply List:

_____	Carbon monoxide alarm (battery powered)	_____	Full size spare tire
_____	Batteries	_____	GPS
_____	First aid kit	_____	Maps
_____	Leatherman utility tool	_____	Fix-a-Flat
_____	Fire extinguishers	_____	Air compressor
_____	Personal protection options (gun, ammunition, knife, bat, pepper spray)		

Lighting Supply List:

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|-------|--|-------|-------------------|
| _____ | Headlamp with a strobe feature for signaling | _____ | Lamps or lanterns |
| _____ | Waterproof match booklets | _____ | Lamp oil |
| _____ | Glow LED Flashlight | _____ | Wicks |
| _____ | Solar powered flashlight | _____ | Candles |
| _____ | Light sticks | _____ | Candle holders |
| _____ | Seasoned firewood | | |

Extreme Temperature Supply List:

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|-------|---|-------|--------------------------------|
| _____ | Portable generator | _____ | Spray bottle |
| _____ | Generator fuel (e.g., gasoline, diesel) | _____ | Emergency mylar space blankets |
| _____ | Fuel containers, diesel / gas | _____ | Blankets |
| _____ | Battery powered fan | | |

Apparel and Protection Supply List:

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|-------|--|-------|--------------|
| _____ | Change of clothing for three days that considers your year round environment | _____ | Hats |
| _____ | Outerwear: ponchos, rain jacket, winter jacket | _____ | Face masks |
| _____ | Leather palm work gloves | _____ | Goggles |
| | | _____ | Neckerchiefs |
| | | _____ | Sunscreen |

_____	Bandanas	_____	Sunglasses
_____	Ponchos	_____	Rodent traps and poison
_____	Work boots	_____	Insect repellent
_____	Rain gear	_____	Mosquito net(s)
_____	Rubberized boots		

Hygiene Supply List:

_____	Shampoo / conditioner	_____	Washboards
_____	Deodorant / antiperspirant	_____	Mop bucket/wringer
_____	Lotions, oils	_____	Clothes line/clothes pins
_____	Wipes	_____	Clothes hangers
_____	Toothbrush	_____	Portable toilets
_____	Toothpaste	_____	Toilet paper
_____	Floss	_____	Tissue paper
_____	Feminine hygiene products	_____	Paper towels
_____	Razor	_____	5-gallon buckets
_____	Shaving cream	_____	Waste disposal buckets
_____	Laundry detergent (liquid)		

Health Supply List:

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|---|---|---|
| <p>_____ First aid kit</p> <ul style="list-style-type: none"> ○ 10 non-latex rubber gloves _____ ○ Pencil and small notebook _____ ○ Isopropyl alcohol _____ ○ Saline solutions _____ ○ Hydrogen peroxide _____ ○ Benadryl _____ ○ Aspirin _____ ○ Ibuprofen _____ ○ Acetaminophen _____ ○ Hydrocortisone cream _____ ○ Epi-Pen (If available) _____ ○ Iodine _____ ○ Alcohol pads _____ ○ Topical analgesic cream _____ ○ Tweezers _____ ○ Scissors / shears _____ ○ Eye wash _____ ○ Eye dropper _____ ○ Ice packs _____ ○ Heat packs _____ ○ Gauze pads, 4×4 _____ ○ Gauze pads, 2×2 _____ | <ul style="list-style-type: none"> ○ 4" gauze bandages _____ ○ Adhesive bandages (varied sizes) _____ ○ Butterfly-type wound closure strips _____ ○ Triangular bandage to use as sling _____ ○ Ace wrap _____ ○ Hemostats _____ ○ Magnifying glass _____ ○ Diabetic sugar tablets _____ ○ Pack of needles _____ ○ Razor blades _____ ○ Safety pins _____ | <p>_____ 30 day supply of prescriptions</p> <p>_____ Over the counter medications</p> <p>_____ Vitamins</p> <p>_____ Reading glasses</p> <p>_____ Vital records</p> <p>_____ Health insurance cards and policies</p> <p>_____ Pet medications</p> <p>_____ Spiritual support aids</p> |
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Baby Supply List:

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|-------|----------------------|-------|---|
| _____ | Baby food | _____ | Baby-sized nail clippers |
| _____ | Formula | _____ | Baby body wash |
| _____ | Baby medication | _____ | Baby oil / lotion |
| _____ | Diapers | _____ | Baby sunscreen |
| _____ | Baby wipes | _____ | Favorite toys, books |
| _____ | Baby powder | _____ | Favorite songs (Download to your smart phone) |
| _____ | Diaper rash ointment | | |

Cooking Supply List:

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|-------|--|-------|----------------------------|
| _____ | Cook stove or grill (Note: Models with various fuel options are available) | _____ | Paper plates |
| _____ | Cook stove or grill fuel (propane, gas, wood, charcoal briquettes, solar or natural bio mass depending on your stove's requirements) | _____ | Disposable cups |
| _____ | Water purification tablets | _____ | Plastic utensils |
| _____ | Personal water filter straw | _____ | Aluminum foil |
| _____ | 100 gallon water storage system | _____ | Insulated ice chest |
| _____ | Magnesium fire starter | _____ | Hand can opener |
| _____ | Knives | _____ | Charcoal and lighter fluid |
| | | | Grill |
| | | | Water container |
| | | | Pet feeding containers |

Clean Up Supply List:

_____	Bleach	_____	Plywood sheets
_____	55-gallon, extra strength garbage bags	_____	Duct tape
_____	24" survival pocket chain saw	_____	Tarps
_____	Chainsaw (gas powered)	_____	Stakes
_____	Chainsaw blades	_____	Twine
_____	Shovel	_____	Nails
_____	Rake	_____	Rope