

It's a Great Feeling to

BE PREPARED

Simple Solutions for Every Scenario

It can be overwhelming to prepare for every disaster that could possibly happen. Instead, we prepare for **THREE SCENARIOS**



WALK AWAY 5 DAY SURVIVAL

What you can push, pull, or carry



DRIVE AWAY EXTENDED SURVIVAL

What you can take in your vehicle



STAY AT HOME 3-12 MONTH SURVIVAL

Possibly with no services such as electricity, gas, water, or sewer

It won't matter which disaster it is that lands us in one of the above scenarios. For example, if we must walk away from our home with whatever we can push, pull, or carry, it won't matter if the disaster is a fire, or flood or earthquake. The preparations will be the same. The point is to have a solution and supplies for your family if you must leave your home on foot. The same goes for a possible Drive Away or Stay At Home scenario – **have Solutions and Supplies**.

10 Essential Areas of Survival

There are **10 ESSENTIAL AREAS OF SURVIVAL** that we need to prepare for within each of the **THREE SCENARIOS**. The solution for each of the 10 essentials will be different for each scenario and the supplies will vary.

-  **WALK AWAY**– What you can push, pull, or carry
-  **DRIVE AWAY**– What you can take in your vehicle
-  **STAY AT HOME**– Possibly with no services such as electricity, gas, water, or sewer

The goal is to have a **solution** and **supplies** for *each* Essential Area of Survival for *each* of the Three Scenarios. Find the solution that you know you can implement and that meets the needs of your unique family and then gather supplies. On the **reverse side** of this sheet is the **THREE SCENARIOS ESSENTIALS GRID**. It is an at-a-glance overview of the goals to prepare for all three scenarios.

PREPARE *my life*

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1 Food / Cooking 

Short Term Survival Needs -- 800 calories per person per day
Ready to eat food that requires little or no water or cooking -- Food Bars, FD Fruit, MRE's/MRE Heaters, Crackers, PB, Nuts/Raisins, hard candy, etc.

Portable food (premade meals), snacks, powdered drink mixes, etc. Portable stoves, fuel, pots, pans, kitchenware, etc.


Food storage that your family will eat that you know how to prepare and that is rotated regularly. Sun Oven, Volcano Stove, Rocket Stove, Butane Stove, fuel, seeds/ gardening, sprouting, canning, FD, dehydrating, paper products, etc. *Store a manual can opener.*

2 Water / Water Purification 

Short Term Survival Needs -- 8 oz per person per day (more for infants, pregnant women, sick, etc.). Water straws, water purification bottles, water purification tablets, etc.

Additional water that is **PORTABLE** 5 gallons per person (40 lbs). Portable water purification systems (First Needs XL, Katadyn), etc.

Water Barrels -- 1-1/2 gallons per person per day for a minimum 14 days (21 gallons per person). Long term water purification systems (Berkey, AquaRain, etc.). Ways to collect and purify water. Other safe sources of water in your home.

3 Shelter / Warmth 

Emergency blanket, emergency bag, poncho, lightweight tent, tarp, hand warmers, extra clothing including socks, underwear, hat and gloves, etc. Firestarters, matches, etc.

Tents, sleeping bags, mats/cots, heavy blankets, portable heaters (Mr. Buddy), fuel.

Generators (solar or fuel), heaters (Big Buddy) and fuel, firewood, fire bricks, extra bedding, etc. Remember you are not trying to keep your house warm, just the people. **Note: Know the fuel storage laws in your area.**

4 Light 

Flashlights, extra batteries, solar lights/lanterns, lightsticks, matches, firestarter, headlamps, etc.

Lanterns, extra batteries and or fuel, candles, portable solar panels with solar lighting.

Solar home lighting, generator for lighting, emergency lighting in outlets in the event of a power outage, etc.

5 Sanitation 

Personal emergency toilet, hand sanitizer, personal hygiene (soap, toothbrush, toothpaste, wipes, shower towels, shampoo, deodorant, feminine hygiene, infant needs, etc.), garbage bags, etc.

Portable *complete* emergency toilet, laundry bucket, solar shower (also provides warm water for other uses), privacy shelter, sanitation solutions (bleach tabs, Steramine, Pureworks, etc.), hand washing station.

Bulk toilet essentials, personal hygiene essentials, laundry essentials, garbage bags, insect and mouse traps, dish racks/dish soap, sanitation solutions, N95 masks, gloves, etc. *Set up a hand washing station.*

6 First Aid 

Personal first aid kit, medications, medical equipment, prescriptions. Special needs. Sun protection, insect repellent.

Portable family first aid kit (make sure it includes the medications necessary for your family needs), trauma kit, silver, essential oils, etc. Medical supplies that you know how to use that are portable.

Family first aid kit and trauma kit, extended medications, prescriptions, silver, essential oils, etc. - keep rotated and fresh.

7 Fire 

Firestarter, matches, InstaFire, kindling, lighter, magnifying glass, etc.

Same as Walk Away plus additional fire fuel and fire starting methods you are familiar with.

Firewood, kindling, fire bricks, lighter fluid, etc. Fire extinguishers, smoke and carbon monoxide alarms with extra batteries, know and practice escape routes.

8 Communication / Navigation 

Radio (solar, handcrank, battery), whistle, compass, maps, SOS mirror, emergency phone numbers, notepad/pencil, portable solar panels to charge phones and iPads, etc. **Note: Know the emergency radio channels in your area (label).**

Family meeting place, emergency contact cards (text better than call), out-of-state contact. HAM Radio and two-way radios. GPS units. Pictures of family members in case you get separated or lost.

Generators (solar or fuel) to power computers, radios, TV, etc.

9 Tools 

Knife, knife sharpener, rope or paracord, duct tape, trowel, zip ties, work gloves, etc.

Axe / hatchet, basic tool kit, plus additional tools that you know how to use that are portable.

Chainsaw, crowbar, shovels, hoe, rakes, tool kit, plastic sheeting for broken windows or Shelter in Place scenario, duct tape, firearms, ammo, etc.

10 Stress / Comfort 

HAVE A PLAN
Prepare My Life Planner (plan + important documents), books, games, cards, toys, pictures, journal, ear plugs, lip balm, money, special needs (glasses, contacts, hearing aids, etc.), items for pets, etc.

HAVE A PLAN
Grab and Go List -- write down everything you would like to take with you and then prioritize the list. *The first two items should be your 5 Day Prep Pack and Prepare My Life Planner.* **Note: Never let your fuel tank get below half full.**

HAVE A PLAN
Order, routines, structure, schedules, responsibilities. Survival psychology. Home security, home inventory, insurance, financial peace. **Note: Know how to turn off gas, water, power.**