

## Survival List – Plan on One Year Supply per Person

### Water – cannot live more than 3 days w/o water

- Water (1 gallon/person/day)
- LifeStraws (Buy at Amazon)
- Water purification tablets
- Water filtration devices
- Water collector barrels

### Food – cannot live more than 40 days w/o food

- Non-perishable food – one month supply
- At least one year of 25-year food
  - My Patriot Supply or Augason Farms
- Manual can opener to open food
- Coffee
- Heirloom seeds (keep refrigerated until use)

### First Aid

- First Aid Reference Guide
- First aid kit
- Extra medicines/Aspirin
- Rolled Gauze
- Aluminum Splint
- Bleed Stop
- Pressure Bandage
- Tourniquet
- Band-aids
- Rubbing Alcohol/Peroxide
- Protective masks
- Hydroxychloroquine/Ivermectin
- Sterile pads (in a variety of sizes)
- Sterile gloves
- Antibiotic cream
- Corticosteroid cream
- Burn ointment
- Antihistamine spray
- Bug spray
- Thermometer

### Toiletries

- Toilet Paper + paper towels
- Toothpaste/toothbrushes
- Camp Soap
- Sunscreen
- Body Wipes
- Hand Sanitizer
- Feminine Hygiene

### Barter Items

- Cigarettes/alcohol
- Gold/silver coins
- Lifestraws (see under “Water”)

### Gear

- Headlamp
- Multi Tool
- Field Knife
- Hand Saw/Hatchet
- Manual Knife sharpener
- Battery-powered or hand crank radio
- NOAA Weather Radio with tone alert
- Walkie-Talkies
- Cell phone chargers + plugs
- Flashlights/candles/extra batteries
- Whistles (to signal for help)
- Duct tape
- 200 feet of Paracord
- 100 yards of monofilament fishing line
- Clothes line + clothes pins
- Fishing gear + rods
- Guns/ammo
- Flint or magnesium fire starter
- Water-resistant matches/lighters
- Emergency tinder
- Magnifying glass
- Night vision goggles
- Binoculars
- Compass
- Animal traps (large/medium/small)

### Extras

- Local maps
- Survival Guidebooks
- Wrench to turn off utilities
- Ponchos with hoods
- Plastic sheeting/tarps
- Cash money
- Paper and pencils (in a waterproof container)
- Gasoline in cans (date can & treat)
- Propane gas tanks
- Garbage bags/baggies
- Knee-high water boots