

# BUILD YOUR OWN SURVIVAL KIT

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**THIS KIT IS MEANT FOR ONE INDIVIDUAL IN THE CASE OF AN EMERGENCY SITUATION. OBVIOUSLY THE NEEDS OF ALL PEOPLE DIFFER -- SO EACH PERSON'S KIT SHOULD BE CUSTOMIZED FOR THEIR INDIVIDUAL NEEDS**



A **Survival Kit** is a pack containing assorted items needed for surviving short periods of time without modern conveniences once your longer term supplies have been exhausted. Once disaster hits, you won't have time to shop or to search for supplies. However, if you've prepared and assembled a **Survival Kit**, your chances of surviving an eventual evacuation or home confinement are much higher.

## Considerations

- You may have many items in your home already. Modify the list according to your own specific needs.
- Place your supplies in an easy to carry bag or backpack. You can pick up inexpensive, quality packs from military surplus shops or higher quality packs from camping stores. Pick a bag that is both comfortable and sturdy. A pack with a waist belt offers great lower back support.
- Store your Survival Kit(s) in a convenient place known to all family members and keep a basic kit in your car.
- Rotate your stored food and water supply and batteries every six months to ensure freshness. (except when your stored food is packaged to last longer)
- Re-evaluate your Survival Kit regularly, and update clothing or supplies seasonally. (If you are packing for very short term needs, otherwise pack for changing weather.)
- Ask your physician about storing prescription medications as it may do more harm than good if expired.
- Have phone tree to make sure your family and friends are accounted for in and emergency.
- Come up with contingency plans. For instance, know how and when it is necessary to shut off gas, water and electricity. Don't forget about your pets!
- Have an evacuation plan with your family or team in case you become separated during the immediate situation. Pick a safe meeting place that works for everyone.
- Learn skills, like First Aid and CPR, which may be useful in an emergency. Hone these skills so you're comfortable using them in a crisis situation.



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## Water

Store water in plastic containers. Avoid using containers that will decompose or break. A normal person needs at least two quarts of water each day. Hot or dry environments and intense physical activity can double that amount.

- Store one gallon of water per person per day.
- Keep at least a three-day supply of water for each person in your household.
- Water purification filters or tablets are lightweight and invaluable in any Survival Kit. There are several water purification straws available as well as container that have built in purification filters.
- Do not skimp out on water -- get it now and have it stored. It is inexpensive and can be purchased in many different sizes.
- Small flavor pouches are available to put into 16 to 20 oz water bottles to flavor the water. This will really help with kids in your group.
- In an emergency evacuation -- if you have to choose between food and water to put in your Survival Supplies - choose water.



## Food

Have at least a three-day supply of non-perishable food on hand. Foods that require little to no water to prepare are best. Having plenty of canned food at home is a decent plan for staying put, but it's too heavy to have with you in your Survival Kit should you need to evacuate.

Remember -- take what you will eat. Having stomach problems and crabby kids will not make things any better.

Here is a list of food item options that are compact and lightweight:

- High energy food bars
- Meals (taken out of the bulky MRE packets)
- Mainstay bars
- Dehydrated/Freeze Dried camp food packs
- Vitamins

If you have the ability to carry a larger amount of supplies, take as much food as you can take -- no matter the shape or form.



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## First Aid / Medication

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You should have a first aid kit in your Survival Kit, both in your home and your car. take a First Aid and CPR class to learn how to use the items in your kit.

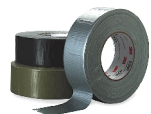
A good basic first aid kit should allow you to deal with most events -- if you have training to deal with more severe injuries, then by all means equip yourself to be prepared.

When it comes to medication -- make sure you prepare ahead of time to have extra prescription medication ready to go. Example -- if you are a diabetic, you will need an extra glucose meter, test strips, insulin, and insulin delivery equipment (pump/shots). The whole idea is to plan ahead -- expect the worse -- do not depend on anyone else but yourself.



## OTHER RECOMMENDED TOOLS & SUPPLIES

- Flashlight and extra batteries (LED bulbs last longer)
- Radio and extra batteries
- Soap/Hand Sanitizer
- Poncho
- Fire source (matches/lighter/flint/etc.) along with a candles
- Spare clothing (vacuum packed is best)
- Toilet paper
- Plastic bags (to protect your gear)
- Tarp
- Extra personal identification
- Extra cash
- Emergency contact information -- possibly save some information on USB JumpDrive as well as paper
- Personal items (Prescription, extra corrective lenses, feminine supplies, etc)
- Map of your area and compass or GPS (if operational) -- preferably map is laminated
- Duct tape
- Para cord or rope
- Knife or Multi-tool (quality matters -- don't get Wal-Mart brand)



- Hand Operated can opener
- Sewing kit (extra buttons)
- Indestructible Water containers
- Emergency blanket
- Bandanas -- serves a variety of uses
- Bug repellent
- Sunscreen
- Paper and writing utensil
- Checklist of things you need to do in an emergency



Always consider the climate conditions that you will Experience!

Depending upon your survival preparations, there are items that would be very beneficial, but may not fit in you backpack.

Strongly consider:

- Tent/Tools
- Inflatable mattress
- If kids -- coloring books, crayons, favorite toys
- Sleeping Bags/Blankets/Towels
- Extra Clothes
- Defensive Weapons/Firearms (with ample ammo)
- Extra Gas/Oil/Anti-Freeze/Brake Fluid/Air Pump Power Generator and/or Inverter



