

## 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) <a href="#">AM/FM/NOAA Weather Radio</a> 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:**

- |       |  |       |                   |
|-------|--|-------|-------------------|
| _____ | 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:**

- |       |   |       |                                |
|-------|---|-------|--------------------------------|
| _____ | 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:**

- |       |  |       |              |
|-------|--|-------|--------------|
| _____ | 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  
\_\_\_\_\_ Ponchos  
\_\_\_\_\_ Work boots  
\_\_\_\_\_ Rain gear  
\_\_\_\_\_ Rubberized boots

\_\_\_\_\_ Sunglasses  
\_\_\_\_\_ Rodent traps and poison  
\_\_\_\_\_ Insect repellent  
\_\_\_\_\_ Mosquito net(s)

**Hygiene Supply List:**

\_\_\_\_\_ Shampoo / conditioner  
\_\_\_\_\_ Deodorant / antiperspirant  
\_\_\_\_\_ Lotions, oils  
\_\_\_\_\_ Wipes  
\_\_\_\_\_ Toothbrush  
\_\_\_\_\_ Toothpaste  
\_\_\_\_\_ Floss  
\_\_\_\_\_ Feminine hygiene products  
\_\_\_\_\_ Razor  
\_\_\_\_\_ Shaving cream  
\_\_\_\_\_ Laundry detergent (liquid)

\_\_\_\_\_ Washboards  
\_\_\_\_\_ Mop bucket/wringer  
\_\_\_\_\_ Clothes line/clothes pins  
\_\_\_\_\_ Clothes hangers  
\_\_\_\_\_ Portable toilets  
\_\_\_\_\_ Toilet paper  
\_\_\_\_\_ Tissue paper  
\_\_\_\_\_ Paper towels  
\_\_\_\_\_ 5-gallon buckets  
\_\_\_\_\_ Waste disposal buckets

## Health Supply List:

- \_\_\_\_\_ First aid kit
    - 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 \_\_\_\_\_
  - 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 \_\_\_\_\_
- \_\_\_\_\_ 30 day supply of prescriptions
- \_\_\_\_\_ Over the counter medications
- \_\_\_\_\_ Vitamins
- \_\_\_\_\_ Reading glasses
- \_\_\_\_\_ Vital records
- \_\_\_\_\_ Health insurance cards and policies
- \_\_\_\_\_ Pet medications
- \_\_\_\_\_ Spiritual support aids

**Baby Supply List:**

- |       |                      |       |   |
|-------|----------------------|-------|---|
| _____ | 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:**

- |       |  |       |                            |
|-------|--|-------|----------------------------|
| _____ | 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