

# A to Z Prep Guide: 1 Month & Beyond

Below is a checklist of important items you'll want to consider adding to your emergency supply. Unless you make it yourself, no list can be totally exhaustive. We encourage you to read through our suggestions and consider your own situation: where you live, your capabilities, and the people you provide for.

## EMERGENCY PLANNING

- Emergency Contacts**  
National Response Center (800-424-8802), Poison Control (800-222-1222), your home insurance company
- Local Utility Companies**
- Water Plan**  
Create a plan that accounts for three separate sources you can rely on—some public (if possible), others private and protected
- Emergency Mental Health Contacts**  
National Disaster Distress Helpline at 1-800-985-5990. They're also reachable by texting "TalkWithUs" to 66746

## WATER

- Portable Water Filter**  
Straw or bottle type
- Gravity-Powered Countertop Water Filter**  
Larger capacity for everyday use
- Extra Water Filter Refills**
- Water Barrel/Drum**  
Minimum 15-gallon capacity
- Water Barrel Supplies**  
Cap, bung wrench plus pump, siphon, hose, or spigot
- Liquid Bleach/Germicidal Drops or Tablets**  
For treating water before drinking
- Pots and Cooking Fuel**  
A backup for filter & barrel
- Drink Mixes**  
Including with electrolytes
- Backup Water Sources**  
Rain collection buckets/barrels, grey-water systems—find one that works for you
- Vessels for carrying water**
- Pump or vessel for drawing water (depending on source)**

## FIRE & WARMTH

- Water Resistant Matches**
- Fire Sticks**
- Portable Fire Pit or Quality Camp Stove**
- Plenty of Firewood or Fuel (depending on stove type)**
- Fire Extinguisher**
- Hand Warmers**

## LIGHT & COMMUNICATION

- LED Lanterns**  
Water resistant w/ solar power
- LED Flashlights**  
Water resistant w/ solar power and work light
- 115-Hour+ Candles**
- Emergency Radio**  
Water resistant w/ solar and/or hand crank
- Rechargeable Two-Way Radio**  
Long range "walkie talkies"
- Signal Whistle**
- 12-Hr. Light Sticks**

## POWER

- Power Cord[s]**  
For devices, phones, & two-way radios
- Portable Generator**  
Diesel, gasoline, propane, solar, or dual-fuel.
- Fuel**  
To power your non-solar generator, plus fuel stabilizer
- Permanent Backup Power Source**  
Standby generator, solar or wind power system
- Solar Power Bank with Light**  
Provides light and charges small electric devices (i.e. cellphones)

## FOOD

- 1-Month Food**  
Minimum 2,000 calories per person, per day. Heavy on protein, fat, & carbs.
- 1-Month Survival Supplements or Multivitamins**  
To supply the approx. 30 essential vitamins the body doesn't make enough of (iron, vitamins A & D, iodine, folic acid, zinc, & others)
- Portable Stove**  
Sized for your household
- Hard Candy or Dark Chocolate Bars**  
Dark Chocolate can last 3 years or more past it's "best by" date
- Gardening / Hand Tools**  
Hand trowel, pruning shears, hose and/or a watering can, garden rake, hammer, crowbar, and angled shovel
- Raised Garden Supplies**  
Liquid plant food, 2x4 lumber, nails, wide-mesh hardware cloth, heavy-duty plastic sheeting, and raised bed soil
- Extra Cooking Propane**
- Heirloom Seed Packets**  
(appropriate selection for where you live)
- Canning supplies**  
Canning rack, canning lids, Jar lifter, produce basket/colander, canning jars, round cooling Rack, food processor, stainless steel canning funnel, stainless steel ladle
- Pressure canner**
- Hunting supplies (If necessary, attend appropriate safety & marksmanship course)**  
Hunting license, hunting rifle, gun cleaning kit, ammunition
- Fishing supplies**  
Fishing license, fishing pole, fishing net, fishing line, hooks, bobbers/sinkers, swivels, bait or bait box & plan for obtaining bait

# A to Z Prep Guide: 1 Month & Beyond ...Continued

Below is a checklist of important items you'll want to consider adding to your emergency supply. Unless you make it yourself, no list can be totally exhaustive. We encourage you to read through our suggestions and consider your own situation: where you live, your capabilities, and the people you provide for.

## SHELTER

- Extra sets of clothes for all weather types in your area**
- For extended hotel stays. Don't forget underwear and socks!**
- Large Winter-Rated Tent**
- Large Tarp**
- Mylar Emergency Blankets**
- Water Resistant Poncho**
- Extra Blankets / Sleeping Bags**
- Extra Layers of Clothing**  
Long underwear, sweaters, thick socks, etc.
- Extra Set of Car Keys**
- Extra Set of House Keys**

## STORAGE & TOOLS

- Multitool**  
With at minimum a knife, pliers, screwdriver, saw, & bottle opener
- Hatchet or Axe**
- Hand-Cranked Can Opener**
- Survival Shovel**
- Repair Kit (For Wire & Electrical)**
- Cold Weld for Repairing Metallic Parts**
- Emergency Radiator Hose**
- Sewing Kit (thread or floss)**
- Duct Tape**
- Super Glue**

## SANITATION

- Toilet Paper**
- Toothbrush, Toothpaste & Floss**
- Hand Sanitizer**
- 3-5 Face Masks**
- Sanitary Napkins (If Needed)**
- Antiseptic Pads**
- Comb**
- Garbage Bags (w/ Plastic Ties)**
- Towels**
- Portable Shower Supplies**  
Pressure or gravity fed camp shower
- Portable Toilet**
- Antiseptic Wipes** (sanitizing tools & surfaces)
- Baby wipes** (personal hygiene)

## BARTER GOODS

- Precious Metal Coins**
- Dark Chocolate**
- Alcohol**
- Books (space permitting)**
- Extras of any of the supplies above**

## FIRST AID

- Deluxe First Aid Kit**  
Antiseptic pads, sterile pads, multiple sized bandages, adhesive strips, pain relievers
- Back-Up Medication (If Needed)**  
Plan on storing a little more than you need

## PERSONALIZED SUPPLIES

- Baby Supplies**  
Bottles, formula, baby food, & diapers
- Pet Supplies**  
Collar, leash, ID, food, carrier, & bowl
- Glasses / Contacts**  
Cleaning cloth's / Fluids
- Documents**  
Identification / Birth Certificates

## MONEY

- Cash & Coins**  
\$500 if you're able. Keep in a secure, locked location.