

The 99 Capacities You MUST Acquire BEFORE Disaster Strikes You!

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NOTE: This is a very general list of capacities you should acquire to adequately survive most anticipated emergencies for a short period of time.

Please DO NOT consider this as all-inclusive since you may have unique needs or circumstances. For specifics, please reference “A Mad Dash Through Walmart: How to Prepare for Disaster Before the 11th Hour” and other works at reThinkSurvival.com.

You should also realize that all of the links found here direct to either Amazon.com (to reference products mentioned) or reThinkSurvival.com (to reference knowledge you should know).

Food and Water



Food Concerns

We simply love to eat and need food to live. Plan to store more than you can visualize you'll need because you never know when or why that may be the case (e.g., road outages, delivery stoppages, pandemics, and even unexpected mouths to feed). Therefore, you must have the capacity to...

1. **Keep perishable foods viable for at least a few days** via temporary means such as a cooler and ice (up to a week is better). In fact, something like the [Koolatron Cooler](#) would be ideal for increasing your ability to do just this because it plugs into a standard 12-volt vehicle auxiliary outlet; then store enough gasoline to keep you vehicles running (even idling) and you'll be in better shape than most people. Additionally, you should know what foods would need to be consumed first and when refrigerated foods become [potentially unsafe](#). You should also consider how you can use the winter cold to your advantage (such as by building a root cellar) and how to minimize the spoiling effects of summer heat. The book [Root Cellaring: Natural Cold Storage of Fruits and Vegetables](#) is a very good reference I've used to build my own root cellar.
2. **Store a minimum of two to three weeks of non-perishable foods.** Better yet, work toward a month or more of non-perishable foods, if possible. You can use a basic [food journal](#) to track what you (and your family) eat over that time, although these are more intended for dieting purposes. Another option is to use the [reThinkIt! Preparedness Tools](#) to aid with this. Regardless of how you track your eating habits, ensure that you always have a minimal threshold of the non-perishable foods identified in your food journal.

3. **Cook food three times a day (and boil water) without electricity for two to three weeks;** and don't expect to rely upon natural gas service either. You need something completely off-grid. If you intend to rely on a [propane grill](#), for instance, how much propane would this honestly require? A simple [propane level gauge](#) can help you decide this. Know how much propane you would need now and always have that amount of propane on hand; it's probably more than you think.
4. **Supplement your nutritional needs.** Although less necessary in short-term disasters, there's no reason for you not to ensure that your family has all of the vitamins and mineral nutrition they require given the ready availability of [dietary supplements](#). This is even more necessary for young children.
5. **Store unused foods without electricity.** Specifically, what will you do with leftovers from cooked meal? Should they be stored in a cooler, consumed a few hours later, tossed out, or fed to the dog?
6. **Start fires for cooking, boiling water, warmth, etc.** Fire has been critical to human survival for millennia. In a grid-down scenario, you may find yourself doing things you wouldn't normally do, including starting a fire in your backyard to cook food or boil water. So, do you know how to do it easily, safely? In the rain, wind, or snow? You can find dozens of [fire-starting videos here](#) as well as several ["how-to" resources here](#) that can help you with this.
7. **Open canned goods without an electric can opener.** This one's easy: keep a manual can opener! It's cheap and certainly better than a hand gash trying to open a can improperly with a knife.
8. **Create palatable dishes with minimal ingredients.** Start with stocking a variety of spices. Then look for an assortment of [basic recipes](#) you can use... and try them!

9. **Clean and sanitize all cooking supplies and equipment.** Cleanliness is normally important but becomes even more so post-disaster. In particular, dishes, silverware, and cups are significant disease transmission pathways. Do you know how to keep them clean? Start with stocking bleach then learn [how to clean and properly sanitize dishes](#) without running water. In short-term disasters a good supply of disposable plates, bowls, cups, and eating utensils will go a long way to both reducing water usage and easing stress levels.

Water Concerns

It doesn't get any more basic than water (except maybe air). Without water, little else matters. Prepare to store and treat more than you might realize. Consequently, you must have the capacity to...

10. **Store potable water for all family members for at least two to three weeks.** You should have this water on-hand BEFORE a disaster rather than trying to fill your bathtub in a panic. While filling your bathtub is a good idea in general, it's probably not the cleanest of water sources to consume. Use the [waterBOB](#) to safely store water in your bathtub. Additionally, start with smaller containers, including individual water bottles if you use them already. Two-liter soda bottles also work great (rinsed out first) and can double as blocks of ice if you store them in your freezer. The [7 gallon Aqua-Tainer](#) is ideal for small spaces such as an apartment or even a vehicle (that's where I use them). Then move on to larger storage units such as [55-gallon water barrels](#). If you're going to use large drums then a [drum siphon pump](#) is also useful as well as a [bung wrench](#).
11. **Store additional water for cooking and personal hygiene use.** There are plenty more reasons to have water on hand than just for drinking. In fact, you'll use more water for these reasons than for drinking. Consider storing

around 5 gallons per person per day (depending on climate and other needs, of course). That adds up quickly for even a small family over a few weeks. In fact, over a two week period a family of four would consume 280 gallons of water; that's just over five [55 gallon water barrels](#). Instead of purchasing several water barrels for this purpose, you might consider a larger 200-500 gallon water storage tank instead.

12. **Collect and transport water from all sources** (including rainwater and from local streams, ponds, lakes, etc). This is more difficult than you might realize initially. With every drop being precious you can't afford to waste any! I'll give you a hint: think buckets... lots and lots of buckets! (And remember the lids too.) FYI, 5-gallon homer buckets are a great start; visit your local hardware store to get a descent price. In addition, read this [water procurement information](#), including rainwater harvesting and well drilling.
13. **Properly treat all collected water for consumption**. We're spoiled by our municipal water systems because they provide us with reliable, pathogen-free water. This isn't the case in many parts of the world. When the tap stops flowing, you MUST assume that all collected water (especially surface sources such as from rivers) is NOT safe for consumption—unless you're on well water already, that is. While bleach is a handy option there are other, [better alternatives](#), specifically the [Big Berkey Water Filter](#) is a great option for emergency situations. By the way, do you know how to dose bleach properly for water disinfection? You can use too little as well as too much. And recognize that it's not effective against every pathogen. You can find plenty of pertinent [water treatment information here](#).
14. **Transfer water from one container to another**. Think FUNNELS! Store lots and lots of funnels of varying sizes because they can be used for

transferring any fluids such as gasoline or oil. They can even be used to transfer food such as grains from one container to another.

15. **Collect and store greywater for later use.** Greywater is any water not fit for direct consumption, including water from laundering, dishwashing, and bathing. I might also include any water stored in something not obviously clean (such as a bathtub). Did you know you can reuse water in most instances (excluding bathroom activities)? So, can you store greywater? Should you? What will you use greywater for if you did store it? Maybe flushing toilets for starters. I've provided a [greywater reference here](#).
16. **Collect, store, and treat water if on the move.** All of the aforementioned concerns are included here but on a more portable scale. Camping and hiking gear are what you want. Gadgets like the [Steripen UV Purifier](#) or the [Katadyn Pocket Filter](#) (for longer term needs) are great options. Visit your local sporting goods store and you'll have plenty to choose from.
17. **Adequately isolate "dirty" water from "clean" water.** This is less related to greywater and more about collecting, treating, and storing water meant for consumption. Think about developing a process for avoiding contamination of your clean water when treating dirty water. This could include labeling buckets (and funnels too) using a permanent marker and/or using different colored buckets, for instance. You should also ask yourself how you will access your clean water source. Via a pump? Spigot? A smaller bucket? Of course, this depends on how you intend to store your water.

Medical and First Aid



WARNING: The following information should NOT be constituted as medical advice in any way. ALWAYS seek appropriate medical care whenever and wherever possible!! It's the smart thing to do.

A not-so-distant second to food and water is the ability to properly treat a variety of medical needs. Any number of medical problems can make life in normal situations difficult, let alone in a disaster scenario. You simply must be able to deal with them adequately. As a result, you must have the capacity to...

18. **Adequately manage any critical medical conditions you or your dependents may already have** (e.g., insulin dependency, heart condition, etc). That is, if the condition requires any sort of medication to control then stock enough medicine to last at least a few weeks. Discuss this concern with your doctor and/or pharmacist now! Of course, this capacity refers to more than just medications (e.g., oxygen supply).
19. **Treat minor skin wounds in order to minimize infections.** Even small cuts can become life-threatening given the proper circumstances. Basic bandages and gauze, antibiotic ointments and such are essential. Of course, you can choose to purchase a pre-made [first aid kit](#), which is better than nothing but you're better off building your own. This online form can help you [design your own home kit](#), including first aid supplies. Whatever you do, ensure you have more than enough bandage and especially gauze on hand because these supplies can be diminished quickly.
20. **Relieve general pain, swelling, itching, etc.** You're likely to be more stressed, less nourished, and even performing activities you're not

accustomed to doing. There's no reason to be miserable... stock the basic over-the-counter (OTC) medications to deal with such problems.

21. **Stock two to three weeks of prescription medications**, if necessary. Any prescription medications—including those that are not life-sustaining—should be stocked and rotated. Again, talk to your doctor or pharmacist about how to properly do this.
22. **Avoid, treat, and soothe burns** (e.g., sunburns and other burns). Burns will make any person considerably more miserable, even in good times. While it's best to avoid getting burned in the first place, you should also include appropriate bandages and salves used to soothe and/or protect burns from infection because sometimes accidents happen.
23. **Avoid, treat, and repel insect bites**. In my opinion, bugs top the list of annoyances. In fact, they may prove to be a significant bother post-disaster depending on your geographic location (e.g., the Deep South) as well as other variables such as improper garbage or fecal waste disposal. Consider supplies such as [mosquito head nets](#), [insect repellents](#), [citronella candles](#), and so on to keep them at bay. Anti-itch cream may prove useful too.
24. **Minimize contamination of yourself and others from actions such as coughing or treating wounds**. Disease transmission is always a concern but becomes much more so in a grid-down scenario. Stock supplies such as [disposable gloves](#) and [n95 face masks with one-way valve](#) (among other supplies) to reduce such a possibility. And, while you're at it, get into the habit of using these supplies now so you're accustomed to doing so.
25. **Correctly diagnose and treat high fevers** (especially in infants and children). Include a basic [digital thermometer](#) (with disposable sleeves) for starters. OTC medications, including Children's Tylenol (or something similar) if you have children may be appropriate for reducing fevers. It may

be prudent to be aware of other methods for reducing high body temperatures besides medications.

26. **Quell diarrhea.** This could be a huge concern post-disaster with the increased possibility of consuming contaminated water and/or food. In some cases, diarrhea could prove life-threatening. Have appropriate OTC medications on-hand and know how to properly replenish body fluids and electrolytes too.
27. **Alleviate constipation** (especially in children). Constipation could prove to be another huge problem post-disaster given the expected consumption of foods you're not accustomed to eating, among other reasons. Know how to alleviate such conditions before they become real problems.
28. **Lessen upper respiratory problems.** From OTC medications to vapor rubs and other ideas, know how to loosen and alleviate such concerns.
29. **Avoid, treat, and soothe foot problems.** Your feet rarely complain but you'll know about it when a problem surfaces. In a grid-down scenario you could end up with unexpected foot problems due to a variety of reasons such as being on your feet all day when you're not used to doing so or even working and walking in wet conditions without drying your feet. Remembering to care for your feet each night and stocking supplies such as moleskin are prudent actions.
30. **Avoid and treat dehydration, shock, and heat-related illness.** A variety of other conditions could become serious problems. Know your limitations, signs and symptoms of the aforementioned conditions, as well as how to best treat them without the aid of trained professionals, if need be. You can view [videos regarding these conditions here](#) as well as several free [medical guides here](#).

Hygiene and Sanitation



Do not disregard the critical role proper hygiene and sanitation play in surviving a disaster, especially if that disaster is long-term. Therefore, you must have the capacity to...

31. Properly dispose of (or store if necessary) human waste,

especially fecal waste. This is a big one! Do you know how to use greywater to flush your toilets if running water is not available? Do you know how and where to [properly bury fecal](#) waste or dig a cat-hole? If nothing else, can you safely store your waste in buckets or containers for later disposal?

32. Dispose of (or store) garbage, including food scraps. In most cases you should probably store your accumulated garbage for disposal when things return to normal rather than simply burying (or burning) it. However, food scraps can usually be composted, while other items (such as used tin cans) might find other uses. In some locales, trash may be burned under proper circumstances and/or times of the year. Check with your local authorities if you anticipate burning trash.

33. Avoid contamination of yourself and others from bathroom

“activities”. Again, fecal contamination is a significant concern given that running water and even soap may not be available. Do you have supplies to deal with this? Hand sanitizers and wet wipes would be useful here. Ensure you have enough on hand to adequately see you through.

34. Maintain general personal hygiene practices such as hand washing and occasional bathing. With the understanding that running water is not available and general hygiene practices may be limited, you should understand how to [wash your hands](#) (as well as your body) with limited water resources; a sturdy [camp shower](#) would come in handy with this in mind. The military has perfected these activities, by the way.

35. **Continue good dental practices.** There's no reason to have needless dental problems when you can easily stock additional toothbrushes, toothpaste, and dental floss. Include some mouthwash and you're all set.
36. **Maintain appropriate feminine hygiene.** Ladies have additional hygiene concerns that men do not. Be sure to stock all appropriate supplies.
37. **Minimize possible contamination while preparing and serving food.** As previously stated, the consumption and preparation of food can be a potential disease transmission activity. This concern extends beyond properly cleaning your dishes and silverware. The point here is that you may be preparing, cooking, and serving food in unfamiliar ways (perhaps over a campfire). As such, you should take extra care to consider what you're doing to ensure you do not accidentally contaminate the food (or yourself).
38. **Continue "civilized" practices such as combing hair, shaving, etc.** While you'll certainly feel better when well-trimmed and otherwise "put together", there's also a disease-minimizing aspect to it as well (e.g., keeping your nails trimmed). Regardless, the emphasis is with feeling normal when times are abnormal. The expectation is that you will already have most of the supplies you need for these activities... just remember to do it!
39. **Perform adequate pest control, especially indoors.** Bugs and rodents can become a significant problem very quickly post-disaster. You'll want to be able to keep them in check in. Practices such as regular cleaning (even in off-grid scenarios) and spraying appropriate pesticides will help to reduce problems associated with such pests.

Shelter and Clothing



Shelter Concerns

You must be able to keep the rain off of your head, the wind out of your face, and even supplement your ability to stay warm in cold weather. For these reasons, you must have the capacity to...

40. **Stay warm without your normal heat sources** (such as your grid-tied HVAC system). It really all starts with appropriate winter clothing and quality shoes. Ensure each person has what they need. Additionally, insulation from the outside elements is also a must. For instance, how will you improve the passive heat retention of your home's windows in the winter, given that they are a huge source of heat loss? Likewise, how will you reduce the heating effect of the sun in the summer via your windows? A book like [Movable Insulation](#) will teach you quite a bit about these principles.
41. **Have an alternate shelter if your home is no longer habitable** or the area is otherwise unsafe. This could be as simple as another place to go (such as a neighbor's house) or even a [large family tent](#) you can rely upon. You should also use the [reThinkIt! Preparedness Tools](#) to aid with your bug out and evacuation planning.
42. **Protect your home against the "elements"** (e.g., board up a broken window). These are supplies that can be used to mitigate damage from a disaster. Some disasters dictate that specific supplies are stocked in order to better protect your home from the elements. For instance, you would want to stock plywood and nails (or screws) to board up windows in preparation for a coming hurricane. Again, stock what you need know because it is highly likely that such supplies will NOT be available when you really need them.

43. **Repair your home to a small degree after disaster** (e.g., patch a leaky roof). You should also have supplies to perform basic repairs such as [heavy plastic sheeting](#) (preferably 6 mils thick) to temporarily patch a window (or roof) should a problem arise.
44. **Perform other small household repairs.** This could include anything you might imagine from basic plumbing to small electrical repairs.

Clothing Concerns

Clothing is your first line of defense when combating foul weather. Without the proper clothing you'll be miserable at best and dead at worst. Accordingly, you must have the capacity to...

45. **Change clothing for each family member for four to five days, at minimum.** Considering that you probably have many more outfits than four or five you should be ok, with one caveat: you want actual useful clothing, not just outfits to wear. There's a difference between an outfit to wear and clothes that are durable, weather-resistant (or insulating), and—dare I say—comfortable. Think about what you would wear if you had to be outside all day (or night) in harsh, wet, windy, snowy conditions.
46. **Protect your core from foul weather conditions such as from rain or sleet.** A solid [rain suit](#) is best but even a [poncho](#) is useful too.
47. **Adequately protect your feet in all weather conditions** as well as for long trips on foot. A set of [rain boots](#) or [gaiters](#) for each adult is recommended. Water is your enemy here. For bug out situations you would want a good set of [weather-resistant hiking boots](#) for each family member, properly broken in, of course.
48. **Protect your hands while working** (e.g., avoid blisters). You can't go wrong with a good pair of form-fitting, leather-palmed [work gloves](#) for each

adult. And remember to wear them before you get a blister and you'll be in good shape.

49. **Shelter your head and face from cold or from excessive heat.** Stocking caps and [ski masks](#) will go a long way to keeping your head more comfortable in cold weather. A ball cap will aid with shading your face from the sun as well as avoiding fluid loss due to evaporation; even a simple bandana can prove quite useful here too.

Safety and Security

CAUTION: You MUST follow all local, state, and federal laws regarding appropriate self-defense and firearms, even in a disaster situation.



Like it or not, you need to consider the fact that even more bad things can happen to you after a disaster and that nefarious people may be out to take your stuff or worse. You need to be able to deal with these circumstances. As such, you must have the capacity to...

50. **Detect and suppress small fires without external assistance.** Battery-powered [smoke alarms](#) are what you need. Duh! Have one in all the important spots, including bedrooms, hallways, kitchen, garage, etc. It may seem like overkill but you will want all of the warning you can possible have if a fire breaks out. Additionally, a few well-placed ABC-style [fire extinguishers](#) are useful as well. That said, you should also understand when to fight a small fire and when not to. Remember: the priority is to ALWAYS save lives first and your stuff second.
51. **Detect possible carbon monoxide (CO) poisoning.** Either have a [smoke alarm with built-in CO detection](#) or a [CO-specific alarm](#) for each level of the home. Recognize that carbon monoxide is odorless, colorless, tasteless... and deadly. And remember not to do anything extraordinarily dumb like using your charcoal grill inside! You're just asking to die. ☹
52. **Adequately defend your home from intruders** (including lethal force if absolutely necessary). This could include anything from large cans of [pepper spray](#) (sold as bear repellent) to firearms. Know your local laws and certainly know [how to properly and safely](#) use whatever you choose to

include in your defensive capabilities. Equally important is that of understanding your situational awareness (are you aware of out-of-the-ordinary circumstances?) as well as your posture (does your home exhibit a weakness or easy to invade vibe?).

53. **Have some form of personal defense for each adult.** Something that adults carry on their person at all times (perhaps even in the house) such as the abovementioned [pepper spray](#) or firearm.
54. **Hide/deny critical supplies from looters in your absence absent.** Learn how to disguise your equipment and supplies, or make it extremely difficult for thieves to access, such as with a highly-rated [anti-theft safe](#). You might even consider diversion caches, that is, make it easy to find some goodies but not your real supplies.
55. **Detect, deter, and deny intruders** (think [door barricades](#), alarms, etc). Anything that makes your home and possessions more difficult to access.
56. **Maintain a low profile at all times** (minimize lighting at night, food odors while cooking, etc). For instance, what will you do if, after a week or two, you're still in the backyard grilling steaks and your neighbors haven't fed their kids in days? Perhaps it's better to hide the fact that you're eating well rather than dealing with outsiders. The same can be said with any other aspect of living, including lighting and even your sanitation practices.
57. **Keep quite about your supplies and plans** (especially children). This is a tough one for me! As far as you are concerned, consider that even the most innocent comment might be remembered by, well, just about anyone; this could include neighbors, friends, co-workers, and so on. Besides, you never know what people (such as neighbors) might notice you doing. So, keep it under wraps as much as possible.

58. **Minimize the effects of nuclear, biological, or chemical scenarios** (think [sheltering in place](#)). To be honest, I shutter to think I may have to deal with such man-made disasters some day. Ugh! In any case, what would YOU do if you had to deal with such a situation immediately? Does your family know your response plans? Do you have a designated room and the supplies you need? The [reThinkIt! Preparedness Tools](#) can aid with these decisions. Get it squared away now.
59. **Deal with accidental poisoning.** Besides knowing the Poison Control Centers hotline number (1-800-222-1222) you might have an idea of how to deal with common poisonings. Better yet, avoid such possibilities by keeping potential household poisons out of the reach of children!
60. **Recognize potential threats, including con-artists, thugs, looters, and so on.** This is really where the aforementioned situational awareness comes into play. Don't just go through life oblivious to your surroundings. Learn to recognize what's out of place. Simple actions such as not opening your front door to strangers regardless of their supposed identity (e.g., a delivery man) could prove to be a life-saving action. Talk to your spouse and kids and get a response together.

Lighting and Communications



Lighting Concerns

It's darn hard to see in the dark without any light. It's just a matter of fact. Thus, you must have the capacity to...

61. **Minimally light small rooms or small areas for general use.** Sturdy [LED-style flashlights](#) and [LED lanterns](#) (the [Rayovac 300 Lumen Lantern](#) is a good choice) will go a long way to providing both tactical functionality (via the flashlights) as well as a bit of normalcy (via the lanterns).
Considering that we are accustomed to not retiring to bed when the sun goes down, I highly suggest you have the ability to light up the darkness.
Additionally, candles can be used for such purposes but I generally discourage their use in disaster scenarios (unless you and your family are already accustomed to using them) because they are a major source of post-disaster fires due to general safety ignorance.
62. **Immediately light large areas (such as the backyard) for intrusion detection.** Typically, this would refer to grid-tied [motion-detection flood lights](#), which are certainly useful for normal home security purposes.
Questions you should ask yourself: What will you do when the grid is down to secure your premises? Do you have backup power to run alternative light systems? Should you use a basic perimeter alarm in lieu of lights?
63. **Use hands-free lighting for each adult.** A good [headlamp light](#) is a useful addition to any family's emergency supplies. These are especially useful for bug out scenarios as well as for any situation where you are alone and need two hands!

64. **Safely light small areas for each family member** (especially children). [LED lanterns](#) and to a lesser extent, [Cyalume light sticks](#), are where it's at in most cases. A hot oil lantern or candles are likely NOT the solution.
65. **Replace and/or recharge flashlight and lantern batteries multiple times.** Flashlight and lanterns will be used significantly more often post-disaster than they are now. You MUST have a means of replacing (and preferably recharging) the batteries that this equipment uses. Be sure you know what kind of batteries they use (e.g., AA, C, D?) and have enough on hand to replace them a few times over.

Communications Concerns

You may find the need to receive emergency broadcasts or to communicate with family members critical to your survival. Hence, you must have the capacity to...

66. **Listen for emergency broadcasts.** A basic NOAA [weather radio](#) such as the [Midland WR300](#) (what I use) should suffice for this purpose. Otherwise, have a battery-operated radio you can use. You should also know your local emergency broadcast station frequencies (or at least write them down).
67. **Contact family members if initially separated.** Start with including their contact information (phone and e-mail). Then have a plan for what you would do if separated during an emergency. Where will you go? How would you communicate if you can't speak directly? What happens if you can't communicate at all?
68. **Communicate with other family members if more than a "shouting distance" away.** A set of [GMRS radios](#) is the way to go and if they're [waterproof radios](#) then all the better. They are especially useful for people with a significant amount of land to cover, in bug out situations, and even for evacuation by vehicle where multiple vehicles are involved.

- 69. Communicate with out-of-area contacts if unable to contact other family members.** Think about text messages first because they're more likely to get through. Ask yourself: What do they (your out-of-area contacts) need to know about you? What do you need to know from them (about your family)? Perhaps where you are going, when you will be there, etc.
- 70. Receive radio signals from afar if the disaster is geographically wide-spread.** A basic [shortwave radio](#) is useful for such instances.
- 71. Use/charge cell phones and radios without “wall” electricity.** How will you recharge your cell phone in a grid-down situation? Perhaps a car charger? Maybe even a solar-powered charger? Figure it out now.

Transportation



You can't get very far on foot. Be sure your vehicles are ready to go at a moment's notice. For that reason, you must have the capacity to...

72. **Continue minimal vehicle usage for one long bug out trip** (or perhaps even a few weeks of normal use). Do you have at least a tank-full of gas stored in [proper containers](#)? And rotate them regularly?
73. **Fix or replace a flat tire.** Do you know how to fix or replace a tire? Do you have the equipment and supplies needed to perform these repairs such as a [tire plug kit](#) or [tire sealant](#)?
74. **Replenish basic vehicle fluids.** This is easy: keep engine coolant, washer fluid, engine oil, etc on hand and know how to add them.
75. **Perform basic vehicle repairs** (e.g., belts, hoses, flat tire, etc). These should be considered more along the lines of less likely repairs. However, they are certainly possible, so it would be prudent of you to have the appropriate supplies available as well as the knowledge of how to perform such repairs for each of your primary vehicles.
76. **Transfer and store vehicle fluids.** Fluids should usually be stored in their original containers. Transferring fluids can't be any easier than funnels.
77. **Jump start vehicles.** Can you say [jumper cables](#)? For the more self-reliant individuals, consider including a [powerpack](#) in your vehicle that can jumpstart your vehicle (the [Xantrex 600HD Powerpack](#) is a good choice for the price) and power small DC devices.
78. **Transport all of your required supplies along with all family members.** When you start considering all of the equipment and supplies to include when bugging out, you may find that you will run out of space quickly. So,

how will you fit everything? Do you need multiple vehicles to take everything? What if one vehicle isn't available, what will you take then?

79. **Move about without vehicles.** What will you do if the roads are inaccessible or congested? Can you get to where you want to go by other means? Either by foot or even bicycle? What route is safest or most direct?
80. **Bug out, if necessary, while avoiding obvious major roadways or other “refugee lines of drift”.** Do you have alternative roadways to use that others wouldn't normally use or don't know about? If you had to go on foot, must you take roads or can you navigate a more direct route using a [compass](#)?
81. **Navigate unfamiliar routes either locally or at a bug out location.** Think maps, maps, maps! In particular, do you have up-to-date local maps, as well as for neighboring states, and possibly even a national atlas? Unless everything goes to heck, a [handheld GPS device](#) (the [Garmin eTrex](#) series are good options) may be the best option.

Children, Pets, and Special Needs



Child Concerns

Children are called “dependents” for a reason. They rely on you to be prepared to continue to care for them regardless of the situation.

Consequently, you must have the capacity to...

82. **Deal with and dispose of potty needs.** Think plenty of diapers (or pull ups) and wet wipes.
83. **Distract and soothe bored/scared children during abnormal circumstances.** Stock plenty of board games, books to read, and coloring books (if age-appropriate), as well as electronic stimulus such as movies, Ipod games, and so on. How will you recharge your electronics?
84. **Accommodate any allergies or intolerances,** such as food allergies.

Pet Concerns

Your family dog, cat (or any domesticated pet) is in a similar situation to your children. They simply rely on you for everything. Plan for them as you would a child. Thus, you must have the capacity to...

85. **Adequately care for your pets for two to three weeks** (food and water).
86. **Dispose of pet waste,** even if expected to be indoors.
87. **Entertain bored pets.** Do you have their favorite toys?
88. **Deal with fleas and ticks.** Think collars and sprays.
89. **Control animals in strange places.** Consider a quality leash and collar.
90. **Evacuate with your pet.** Many shelters won't take pets. Do you know which ones will? Otherwise, what will you do with your pet?

Miscellaneous

There are a number of other items you should plan for as well. Just because they reside under a “miscellaneous” title does not mean they are any less important. As such, you must have the capacity to...

91. **Fix/replace necessary personal equipment** such as eyeglasses, contacts, hearing aids, dentures, etc. These are critically important in most cases; be sure you have replacements and/or the ability to fix them!
92. **Store and transport important computer files.** An inexpensive [USB flash drive](#) or even Google Docs could prove useful in this situation. If you want something more sturdy, then the [Corsair Flash Survivor](#) is nearly indestructible, while the [LaCie Flash Drive](#) (what I use) is designed to look like a key and easily fit on your key ring.
93. **Reference critical phone numbers** (such as insurance agents or doctors) without access to your computer, the internet, cell phone, etc. Hard copy information (in print form) is what you want. Consider wallet cards with similar details as an everyday carry item too. The [reThinkIt! Preparedness Tools](#) are meant to make this happen seamlessly.
94. **Safely store difficult to replace documents** (e.g., birth certificates, titles, deeds, etc). Consider a well-built [fire safe](#), safe deposit box, or even stored at a trusted family or friend’s house. Even a scanned image to a [USB flash drive](#) can prove useful in some circumstances.
95. **Entertain family members without electricity** (especially children). Board games, books, playing cards, and possibly electronic resources (laptop, Ipod, etc) are all appreciated.
96. **Reference a multitude of resource materials** including repair manuals, medical texts, and so on. Again, this information in print form is your best bet; a laptop/reader and/or USB drive are also options but only if you have

the ability to use/charge your electronics. Additionally, if you're expected to bug out to a place where electricity and the internet are available, then Google Docs is a free option.

97. **Pay for food, gasoline, and sundries with cash.** Another easy one: keep some cash on hand. I would suggest at least a few hundred dollars for starters.
98. **Be properly insured, especially for home and life.** The most likely disasters are those that affect you directly. Be sure you and your family are properly prepared with adequate insurance coverage.
99. **Document household possessions.** Use any household inventory software or spreadsheet to document what you own. Take pictures and/or video for additional documentation. Then store a copy someplace safe such as a safe deposit box or with a trusted friend or family member.

GREAT NEWS!

Subscribers gain access to a variety of information to properly prepare for disaster, including reports on how to use Walmart and Home Depot to bolster your supplies, as well as online tools to help you build your home, bug out, and vehicle kits quickly and easily.

Additionally, an Excel-based set of planning tools are also provided to aid you with many of these decisions. Sections include: Disaster Action Plans, Shelter-in-Place Procedures, Evacuation Routes, Bug Out Information, Wallet Cards, Household Inventory, Fire Escape Plan, Food Storage Calculator, and much more! All of this and more can be found at: www.reThinkSurvival.com.