

MASTER SURVIVAL CHECKLIST



A complete and customizable survival checklist to help you prepare for emergencies and disasters!

**SURVIVAL
FROG** 
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Let's be real.

There's a ton of information available on the Internet written about what you need to safely survive a crisis.

And while plenty of people posting tips and tricks mean well, many of them are just flapping their gums about what *they think* is best.

As one of the world's leading survival supply companies, we know what you need. Our expertise comes from the close associations we keep with leading experts in the field.

And the following "Master Checklist" is a composite of all of their wisdom boiled down to the essentials.

Here's what you need to know about this list.

For one, it's been made for the budget conscious in mind. You can spend as much as you want on survival gear. However, **that doesn't mean** you need to empty your 401k to get prepared.

The other thing this list does is it helps you prepare based on both your goals and necessities. That's why it's been arranged to move from short-term prep to longer-term survival.

Bear in mind this master checklist can be customized for your particular lifestyle and circumstances. The rules outlined in this guide are only hard and fast in the sense the guide is ordered in the best possible way to help you get prepared.

Someone who lives in a hot climate that is prone to hurricanes will prepare differently than someone who lives in an area where winter dominates the landscape for 9 months of the year.

Likewise, if you're single, your checklist will differ from a family of 4 with young children.

Elderly or disabled folks also have special circumstances that must be accounted for too. And if you live in a small apartment in the city, you'll have restrictions that someone who lives in a large house in the country won't necessarily have.

Throughout the list you'll see products we recommend.

We sell most of these products at our SurvivalFrog.com online store. If we don't offer the product, we will let you know where to get it.

Here's the deal on the products – Survival Frog was created so we could offer everyone the best gear at the lowest prices (**we guarantee the lowest prices**)...PERIOD. That's why we have no problem including products from our store in this list.

Shameless promotion? Call it what you want, at the end of the day the entire reason we exist is to get you the highest quality survival products in your hands without forcing you to ransom your children in the process.

Truth is some survival gear is expensive, and other items can be had quite affordably.

If you want to take the "Do It Yourself" route, we'll show you how to save money with some fun handyman projects. But, if you want to get top notch, "done for you" supplies, we've got you covered there too.

This master list is broken into 3 sections:

- Short-Term Survival (typically the first 72 hours)
- Mid-Term Survival (3 days to 30 days period of time)
- Long-Term Survival (over 30 days, usually 6 months or longer)

And within each of the short/mid/long term survival categories, we break the product types down into 4 primary areas:

- **Water & Food**
- **Tools, Light, Energy, Communication, Safety**
- **Warmth & Shelter, First Aid, Hygiene**
- **Survival Frog's "Done for you kits"**

We will start with short-term survival, moving onto mid-term, and then finally ending up covering long-term survival.

The list builds on itself.

That means if you start buying items in the long-term section *before* you get supplies recommended in the short-term and mid-term sections, you're ultimately working against yourself (both in terms of price and as well as preparation).

Before we get too far into the list you need to learn one of the most important touchstones of survival.

THE RULE OF 3

This is the yardstick for survival situations.

The rule of 3 says you can survive for:

- 3 minutes without air
- 3 hours without shelter
- 3 days without water*
- 3 weeks without food**
- 3 months without Internet (just kidding)

* Each Adult needs 1 gallon of clean water per day (this includes water you'll need for food prep)

** Each Adult needs to consume 1,800 to 3,000 calories per day, depending on age and lifestyle

As you're going through this list, keep the rule of 3 in mind.

Once you realize you're getting prepared based on the rule of 3 then you'll always know how to prioritize.

Alright, get ready for the Ultimate Survival Checklist.

SHORT-TERM SURVIVAL CHECKLIST



For short-term survival needs we tend to focus on Survival Bags, commonly known as a 72-hour survival kit, a go-bag, or a bug-out-bag.

There are different types of bags, but they all have the benefit of being pre-packed so you can “Grab-N-Go” at any time.

For short-term survival you will need tools and supplies that can help sustain each person for at least 72 hours, but possibly longer.

Don't worry, this is a lot easier than it sounds. And I will show you some pre-packaged kits that make this process fast and painless.

Another consideration is how much time you spend in your car. If you often find yourself away from home but near your car, having a deluxe car bag is a smart decision.

If you work in an office, having a “get home” bag in your bottom desk drawer makes sense too. Also have a plan for exiting the building and the route you would take if forced to walk home.

Budget idea: Just use one survival bag and transport it between locations, here's what that looks like:

Home > Car > Work > Car > Home

The importance of these kits is they're going to help you get through the first 3 days of a crisis.

A well-fitted backpack is nice for the larger loads, but simple duffle bags make for easy storage. Each adult, and children over 10, should have their own bag.

When preparing your short-term survival kit, consider the supplies listed in the following list. Remember, everything hinges on the rule of 3, so that's why we've arranged it this way.

- **Water & Food**
- **Tools, Light, Energy, Communication, Safety**
- **Warmth & Shelter, First Aid, Hygiene**

Remember too at the end of the list are Survival Frog's “done for you kits” to make getting prepared as easy as possible.

SHORT-TERM CHECKLIST - WATER & FOOD

Dehydration is something you need to be desperately concerned with in a crisis situation. If you become dehydrated, it's hard to recover.

Once you realize hydration is incredibly important for healthy function in a crisis, you can see the need for instant water-solutions. Without water you will become physically weak and mentally 'slow' and you really need to be both physically and mentally strong during times of crisis.

Now here's a very important thing to think about. When you're putting a 72-hour survival bag together it's advisable you have a "portable" water solution available.

That's because water is heavy and takes up quite a bit of room.

The average person needs to drink 3 liters of water per day (women and children need 2.2 liters). 3 days worth of water for an average man would be 9 liters (or 2.4 gallons) and weigh 20 pounds! That's a lot of weight if you're hiking.

If you are bugging out in your vehicle then you can bring additional water supplies with you. However, if you leave your vehicle at any point, you will be left with only what you can fit in your survival bag.

Honestly, emergency water is simply too heavy to carry in *large* quantities. Yes, a 16-24 oz. water bottle is appropriate. Beyond that, it can be too much.

That means you will need to find additional water supplies, or as we say, to "source" additional

water from your local area. And in most cases, you'll need to treat that water to make sure it's safe to drink.

Of course, if you are held up in a friend's house in the next town over, life isn't that bad. You may even have running water, heat, etc. But what if it takes longer to evacuate the disaster area/city than you anticipate? Or what if you can't leave?

Then you need a way to source water for yourself.

After any major disaster, you should assume water, power and other services will be disconnected.

If there is running water, it'll likely be tainted and unsafe to drink. During a "Boil Water Advisory" you must boil the water before consuming, but there are also "Do Not Drink" water advisories and you won't be able to drink any tap water in your area.

Which is why it's so important to be prepared to treat water on the go. It may be water from a lake or pond. Or it could be "questionable" water that should be safe, *but you just want to be sure*.

A simple solution would be to bring portable iodine pills to treat water. The benefit provided by these pills is they're incredibly easy to use, they're lightweight, and they take care of many of the most common bacterial contaminants. They do have limitations though as they can't remove chemical contaminants and more stubborn viral and pathogenic elements.

Which is why it's advisable you get a much more powerful water purification system for a few dollars more.






Something like the LifeStraw Water Bottle is a great solution to consider. It won Time Magazine's coveted "Invention of the Year" and is one of my favorite water filters.


This small straw allows you to drink directly from polluted sources without the fear of getting sick.

Insanely affordable and portable it'll fit into the smallest of go bags. And the LifeStraw is rated for 264 gallons of clean drinking water, so you can get long-term use out of this filter.

Take a look at our best selling short-term water purifiers:

Short-Term Checklist - Water

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	LIFESTRAW PERSONAL WATER FILTER CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	LIFESTRAW WATER BOTTLE/FILTER CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	KATADYN WATER FILTER CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	IODINE PILLS CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	WATER BAG CLICK HERE TO GET YOURS TODAY	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	WATER POUCHES CLICK HERE TO GET YOURS TODAY	

You can go several days, if not weeks without food.

But, you still need emergency food supplies in your 72-hour bag. When you are hungry you have less energy and you can be guaranteed a grumbling belly will lead to a severe reduction in mental sharpness.

Plus making sure your spouse and other family members aren't hungry is **your responsibility**, so plan ahead now to make sure you don't go without.

The quality of the food you buy is important. You don't want to get junk calories or food that tastes bad. You want food containing fats, proteins, and fiber. Fat provides calories for energy, protein to help keep muscles strong, and fiber to help move your bowels.

If you want to get started today, consider grabbing a Ziploc and filling it with nuts like almonds and peanuts. Avoid chocolate which easily melts and causes a big mess.

Create a separate bag for dry fruit or beef jerky, both of which store well. You want something that won't perish and is nutrient dense.

Canned foods for a go bag will work, but they're not recommended. They're heavy and bulky, and there are better options.






One of the best food sources are the kind designed specifically for survival situations.

Food bars pack a superior amount of nutrients in a tiny package. Best of all they're sealed, and when opened will resist spoiling.

Be sure to think through the process of preparing, eating and cleaning up after your meals and snacks. Utensils, cooking stoves and clean up supplies are all important to your 72-hour plan.

Here are some of our top picks for short-term food options:

Short-Term Checklist - Food

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	SURVIVAL FOOD BARS CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	2 SERVING FOOD PACK CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	72-HOUR EMERGENCY FOOD KIT CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	29 SERVING FOOD BUCKET CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	MRE (MEALS READY TO EAT) CLICK HERE TO GET YOURS TODAY	

SHORT-TERM CHECKLIST - TOOLS

The importance of survival tools can't be stressed enough. According to scientists, what separates us from animals is our ability to use tools.

And it's tools that have advanced civilization to where it is today.

So it goes without saying if you want to increase your odds of survival you'll need access to tools designed for such a purpose.

Knife: A good knife could easily be considered the ultimate survival tool. Yes, knowledge is important, no denying that, but with a knife you can help procure food, water and shelter.

When selecting a knife you might quickly be confused as there are so many different kinds of knives out there.

Folding knives, tactical knives, full-length knives or multi-tool knives.

So how do you know which is the right one?

Ideally you want a knife you can carry with you at all times. These are called Every Day Carries (EDC). Folding knives are generally the best to meet these requirements. Laws vary by state in regards to what you can carry, so check those out before you purchase something.

Multi-tool knives are probably the most practical knives to have in your bug out bag. This is because these knives have many of the more commonly used tools needed for survival packed inside.

Some knives also have storage areas for additional survival items (fishing kit, fire starters, etc).

Then there are full tang survival knives.

These knives are built tough and are meant to take care of many of your survival needs. They can be attached to sticks to create spears, can cut down trees, skin an animal, and so much more.

The thing about these knives is they're designed for durability. Folding knives have weak points you need to contend with. Full-length knives are far sturdier.

Our collection of knives we recommend is below:

Short-Term Checklist - Knives

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	SEE ALL KNIVES CLICK HERE TO LEARN MORE	
<input type="checkbox"/>	BOKER KNIFE CLICK HERE TO LEARN MORE	

Fire Starter: Fire was good enough for societies that existed before electricity and it'll be good enough for you in a crisis.




If you think a lighter or a set of matches will be all you need, think again. Lighters run out of fuel, matches disappear fast, and both are hard to work with when wet. So go ahead and throw a few BIC lighters in your go-bag, but make sure you also have a backup metal fire starter.

Metal fire starters will give you a fire when it's wet, will spark hundreds upon thousands of times, and take up very little room. When you get one, take a little time to practice. Grab a cotton ball, rub it in Vaseline and strike the starter and you'll have a small fire in no time. You can even pack several Vaseline soaked cotton balls in a Ziploc bag and throw it in your bag.

There's no substitute for a fire starter. With it you can get light, cook food, and even use fire as a defense weapon.

Here's what we recommend:

Short-Term Checklist - Fire Starters

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	FIRE STARTING TOOL <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	READY FUEL POUCHES <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	WATERPROOF MATCHES <u>CLICK HERE TO GET YOURS TODAY</u>	

Paracord: You've probably seen paracord in the stores but might have questioned its usefulness.

First, be sure you are only buying 550 lb. strength paracord.

The whole cord is rated to hold 550 lbs. With 550 lb. paracord the outer sheath can be removed to reveal 7 interior strands (which are made of 3 even smaller strands), which can be used for multiple purposes. Other forms are generally inferior (not all) and 550 lb. is the most consistent and reliable for general survival use.

Paracord can legitimately help you with all of your survival needs and can even be used to help you source food, water, and build shelter.

Check out its various uses...

You can use paracord to make a water trap, a snare, a tourniquet, a bowstring, use it to lash trees together, use it to hold up a hammock, to replace shoelaces, to suspend items from the ground, etc.


We've actually listed over [100 uses for paracord](#) in a separate blog post.



One other benefit of paracord is its ability to be used as a wearable accessory. You can wear it as a belt, bracelet, necklace, or keychain. This makes paracord easy to carry with you at all times.

You should have at least 10 feet of cord on you, but somewhere in the neighborhood of 15-200 is preferable.

Take a look at the various wearable paracord items we have in stock:

Short-Term Checklist - Paracord

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	PATRIOTIC PARACORD BRACELET CLICK HERE TO GET YOURS TODAY	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	PARACORD GRENADE <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	PARACORD BELT <u>CLICK HERE TO GET YOURS TODAY</u>	

Light: For the purposes of survival it's best to have a self-powered light so you don't rely on batteries. Not only do batteries provide added weight, they're a finite resource.





Instead you'll want to have a light that makes uses of LED bulbs and relies either on solar power or crank power.

Here again you'll want something that is small and compact. Odds are you won't need a light with spot light function, but you will need something that illuminates at least 10-15 feet in front of you.

Candles will work if you are indoors, and have the added benefit of producing a small amount of heat, but remember they also have a limited lifespan and pose a fire hazard.

Here's what we recommend:

Short-Term Checklist - Light

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	SOLAR AIR LANTERN <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	36-HOUR SURVIVAL CANDLE <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	HEADLAMP FLASHLIGHT <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	PROPANE LANTERN <u>CLICK HERE TO GET YOURS TODAY</u>	

When it comes to short-term communication needs, your primary goal is to get updates on disaster relief efforts and possibly communicate with friends and family.

As long as you can keep your phone charged and there is cell reception or Internet access, then you'll have the ability to monitor the news updates and communicate with others.

However, in many disaster situations cell reception will be limited or non-existent. But that doesn't mean your cell phone is worthless. To communicate with others, try texting a message since it takes less reception to send a simple text. Or if you can gain Internet access, you may be able to use Facebook, Twitter or Skype to leave messages for loved ones.

And don't forget that a charged smart phone can provide hours of entertainment with games, movies or music. Having a little entertainment can go a long way during difficult times, especially if you have children.

Keeping your cell phone charged is most likely going to be a priority for you.

Assuming the power is out at your home, or you're not at your home, the easiest way to charge your cell phone (and many other small electronics) is from your car. Make sure you have the right car charge adapter for each phone in your family.

Second best way to generate energy is with a crank power generator. Often these are combined with Emergency Radios / Flashlight combo gadgets to make a great all-in-one tool.

In addition to communicating with loved ones, you will want to get updates on weather or rescue efforts. NOAA Weather Band Radios and even simple FM/AM radios will allow you to listen to local broadcasts.

We have a lot of radios, but here are the top suggestions:

Short-Term Checklist - Communication & Energy

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	KAITO VOYAGER (SOLAR AND CRANK RADIO/LIGHT/CHARGER) <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	ETON CRANK RADIO WITH FLASHLIGHT <u>CLICK HERE TO GET YOURS TODAY</u>	

Safety: Assuming you know how to use a weapon, you should seriously consider keeping a gun, mace, a tactical knife, or something with your kit so you can safely defend yourself. Laws vary so know your rights.

Most disasters bring people together and we help each other. However, in survival situations that begin to run longer than expected, the possibility of social unrest increases.

Think about it this way. Every hour that passes in a crisis is an hour longer where someone becomes more desperate, hungry and more out of touch with reality. Remember that a parent will do anything to feed and protect their children. That's why you've got to be able to defend yourself.

Having a gun isn't enough. You need to be comfortable and skilled at using it. Spending some time at the firing range is a critical part of being prepared. Knowing which gun is best for you is also important; having a high caliber gun may be too large for some women.

While knives can be a deadly weapon, they do require close contact with the threat. So unless you are specifically trained to use a knife, this is most likely not your best means of defending yourself. That being said, it's better than having nothing.

There are many other alternative weapons you may consider. Local laws govern the type of alternative weapons you can use, including knives, mace, pepper spray or stun guns.

Another form of personal defense is to carry a small bat or other types of clubs. Again these forms of defense require close contact with your attacker, but are easier to use.

And last but not least is the discussion on personal hand-to-hand self-defense techniques. Taking self-defense classes or learning a martial art will go a long way towards being prepared for physical threats. There are also “short cuts” and little tricks that you can pick up along the way, in case a 6 month class is too much commitment for you.

The guys we turn to for self-defense training are the best in the industry. [I'd suggest you watch this video and take their advice.](#)

Short-Term Checklist - Safety

<input checked="" type="checkbox"/>	PRODUCT
<input type="checkbox"/>	GUNS
<input type="checkbox"/>	KNIVES
<input type="checkbox"/>	BAT OR CLUBS
<input type="checkbox"/>	MACE, PEPPER SPRAY
<input type="checkbox"/>	STUN GUN
<input type="checkbox"/>	HAND TO HAND SELF DEFENSE SKILLS

SHORT-TERM CHECKLIST - WARMTH & SHELTER

If you ever need to leave your home, or if you're stranded away from home, you might need to set up a temporary shelter. Remember the rule of 3 again. If you're without shelter for 3 hours you could easily be beaten by the elements.

Although we focus mostly on generating warmth, you may be in a summer heat event where keeping cool is your priority. Portable fans and water can help keep your core body temperature down. If things get bad, sitting in a bath of cold water can help to keep you cooler.

When it comes to staying warm, even those in Florida have the occasional need to fend off the cold temperatures. For most people in the U.S., the cold temperatures and harsh environments have proven to be a deadly combination.

For your "short-term" warmth needs, you will need to focus on shelter. If you are bugging-out then you may be limited to only a few heat sources; camping stove, candles and of course heated buildings.

If you don't have the luxury of staying at a friends heated house, then your next focus turns to building your own shelter to protect against the elements and conserve your natural body heat.

If you have a family tent from your camping days, that is great. I love my 6-person tent - but this thing is huge. When not in use, the box it stores in weighs over 30 pounds and is bulky and hard to handle. If you are traveling by car you have more options, but either way you should have a backup shelter plan that can fit inside your 72-hour kit.

The good news is temporary shelter can be arranged fairly cheaply.

A tarp is a great piece of equipment you can pick up at a Walmart or a hardware store (get the tarp with metal grommets and look for reinforced corners). A tarp combined with paracord can give you shelter in a flash.



Tarps can still be a little bulky, so for something even smaller get your hands on a “Tube Tent”.



Tube tents can give you and one other person total coverage without taking up much room or breaking the bank.

Remember that tents aren’t just for sleeping. Taking cover in a tube tent during a storm may help keep you and your gear dry.

Here are some inexpensive options:

Short-Term Checklist - Warmth

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	HEAVY DUTY TARP CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	2 PERSON TUBE TENT CLICK HERE TO GET YOURS TODAY	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	SMALL FLEECE BLANKET CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	EMERGENCY STOVE CLICK HERE TO GET YOURS TODAY	

As you're well aware, different climates will require different types of clothing.

The good news is if it gets hot, you can always shed layers. Perhaps one of the best pieces of clothing to own is a wide-brimmed hat. This hat will keep you cool as the sun beats down on you.

In both summer and winter months you want clothing that wicks moisture away from the body. So if at all possible, stay away from cotton. It can prevent you from cooling down in hot weather, and if it gets wet in cold weather it can quickly cause you to freeze.

Instead of cotton, use materials like wool, polyester, polypropylene, etc. The purpose of these kinds of clothing is to move moisture away from the body. If it's cold outside and you're wet, you want moisture moved away from your body as fast as possible

Since most everyday clothing is made of cotton you should at least have access to clothing not made of cotton. Consider keeping clothing like this on hand, either in the trunk of your car, or in your go bag containing the rest of your survival supplies.

For winter invest in jackets with synthetic insulation. Unlike down, synthetic insulation can keep you warm when it's wet.

When it comes to clothing you want to have material that's going to help you survive the conditions you'll likely encounter.


If you live in Florida you probably don't need to add heavy winter clothing to your list. But for the rest of the U.S. it's advisable to have a jacket and insulating clothing.



At the very least have an emergency blanket on hand. These blankets were designed by NASA and can reflect up to 90% of your own body heat back to you.

A wool blanket is also another item worth carrying around. Wool does a great job of keeping you warm, even when wet, and resists bacteria so it doesn't start to smell.

And every survival bag needs a rain poncho. The one-piece poncho works best since it can double as a small tent by hanging it over a 6 foot strand of paracord.

Short-Term Checklist - Clothing

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	<p>RAIN COAT PONCHO CLICK HERE TO GET YOURS TODAY</p>	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	EMERGENCY BLANKET CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	WOOL BLANKET CLICK HERE TO GET YOURS TODAY	

One item that is most often left out of bug-out bags is a personal hygiene kit. Staying clean and maintaining proper hygiene is a task that we often take for granted when we're at home with running water.

With a little planning, you can have hygiene accessories with you in a crisis. Start with the basics of a toothbrush, toothpaste, deodorant, etc. But don't forget items like sunscreen or feminine hygiene products.

Every bag must have toilet paper for when nature calls, but it also makes for good fire tinder. Another option for toilet paper is to pack wet wipes. While they are a little heavier than dry paper, they can be used for many different clean up situations.

Personal Hygiene Checklist:

- Toothbrush, toothpaste
- Deodorant, lotion, etc.
- Toilet paper, wet wipes
- Shaving blade, cream

- Soap, shampoo
- Bug spray, sunscreen
- Prescription drugs
- Extra set of eye glasses / contacts
- First aid kit

Then there's the consideration of what might happen if you or a loved one is injured? What will you do if you can't get them medical attention immediately?

Owning a first aid kit is critical for any house or business. But it's also important to have a portable first aid kit that you can bring with you in your survival bag.

What should you have in that kit?

It's strongly suggested you have the following:*

Dressings & Bandages

- **(3) Gauze** – You'll need gauze to both help absorb bodily fluids with as well as to wrap many kinds of injuries with
- **(25+) Bandages** – Bandages in multiple sizes and styles. Cloth bandages for breathability, waterproof, butterfly and triangular.
- **(2) Splints** – Wooden and metal splints to set broken bones
- **(2) Tape** – This will be used to keep gauze and bandages and splints in place. Waterproof and cloth will work.
- **(2) Eyewash** – Sanitary and sterile eyewash to remove particulate from the eyes
- **(5) Gloves** – Either latex or nitrile. These can help fight off infection.
- **(1) Shears** – Scissors that will cut clothing away from wound sites as well as shaping bandages and gauze
- **(1) CPR Kit** – A mask to help deliver CPR and prevent the risk of transmission of disease
- **(3) Antiseptic** – Either wipes, or fluid (alcohol, hydrogen peroxide, etc.), can be





used to clean wound sites and disinfect contaminated areas.

- **(2) Ice Pack** – This will help reduce swelling and provide pain relief
- **(4) Pain Killer** – Both Aspirin and Non-Aspirin are recommended; Tylenol, Motrin, Advil
- **(1) Sling** – Cloth slings are useful to help support injured arms
- **(1) Sunscreen** – Useful at helping to reduce sunburn
- **(5) Tongue Depressor** – To be used in the administration of first aid, or as a miniature splint
- **(1) Emergency Blanket** – Very useful at keeping people warm if they go into shock
- **(1) First Aid Guide** – To give you step-by-step directions in a health emergency
- **(1) Medications** – If you have a medication you rely on, keep at least a few weeks backup supply
- **(1) Flashlight** – In case you ever need to administer first aid in the dark, or need to check airways
- **(1) Tweezers** – To remove harmful particulate
- **(1) Antibiotic** – A tube of Neosporin or similar to ward off infection

* The supplies listed are appropriate for a family of 4.

The first aid kit listed below contains everything in the above list:

Short-Term Checklist - First Aid & Hygiene

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	<p>"ROLL-BAG" MEDICAL KIT 130-PIECES CLICK HERE TO GET YOURS TODAY</p>	
<input type="checkbox"/>	<p>HIP PACK FIRST AID KIT CLICK HERE TO GET YOURS TODAY</p>	
<input type="checkbox"/>	<p>PERSONAL HYGIENE KIT (MALE) CLICK HERE TO GET YOURS TODAY</p>	
<input type="checkbox"/>	<p>PERSONAL HYGIENE KIT (FEMALE) CLICK HERE TO GET YOURS TODAY</p>	






SHORT-TERM CHECKLIST- 'DONE FOR YOU' KITS







To save time you may want to just pick up a “done for you kit”. We have dozens of different types of survival kits on SurvivalFrog.com, but I’ve listed our most popular ones below.

Of course, you can still add or remove items from your kit after you purchase it. No one kit is perfect for everyone, so you’ll want to get your kit, then decide how to make it better and customize it yourself. The first step is selecting the right type of bag(s) for your family.

There are Car Bags you’ll want to keep in each vehicle, Office Bags for those who spend a lot of time at work and a variety of other different survival kits to choose from.

Short-Term Checklist - ‘Done For You’ Kits

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	WINTER EMERGENCY ROADSIDE KIT * CLICK HERE TO GET YOURS TODAY <i>*top-selling auto kit under \$50, but no food or water</i>	
<input type="checkbox"/>	GUARDIAN AUTO KIT CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	10-PERSON GUARDIAN BUCKET SURVIVAL KIT CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	5-PERSON 7-DAY PREMIUM EMERGENCY SURVIVAL SYSTEM CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	5-PERSON "SEARCH & RESCUE" KIT CLICK HERE TO GET YOURS TODAY	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	2-PERSON "FLEET VEHICLE" EMERGENCY KIT CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	SURVIVAL PAL FOR CHILDREN CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	DOG SURVIVAL KIT CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	CAT SURVIVAL KIT CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	KAITO VOYAGER KA500IP SOLAR/DYNAMO AM/FM/SW NOAA WEATHER RADIO WITH ALERT & CELL PHONE (IPOD/IPHONE) CHARGER CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	COMPACT MULTI-FUNCTION SHOVEL CLICK HERE TO GET YOURS TODAY	

MID-TERM SURVIVAL CHECKLIST



Provided you have everything listed above, you are now ready to start preparing for a longer period of time.

Mid-term survival generally last from 3 days to 30 days. You might be based out of your home at this point, or on the move. Regardless you're going to need different tools because you're in a different phase of survival.

The key to mid-term survival is being prepared to move as well as being prepared to stay still. You're kind of one foot in short-term, one foot in long-term with a mid-term preparation mindset.

Ultimately mid-term prepping sets you up to make a transition into long-term if you must (and you might). And, it also gives you the ability to safely say you could withstand a short-term crisis with ease.

The other caveat to mid-term survival is you're now starting to think in a different way.

No longer is this a mad scramble where you "hope" you make it. At this point you're looking to see how you can exist with comfort and ease in your new environment. You're going to establish patterns and routines, and what you're going to learn about is essential for these patterns and routines.

So again, we're going off of the rule of 3 here. Keep in mind what you learned in the past section and realize you're just building right on top of that.

MID-TERM CHECKLIST - WATER & FOOD

When you are looking at mid-term to long-term survival needs you are typically preparing to bug-in and have the luxury of storing more water. Unless you live in a cramped apartment, you probably have room to store water in larger quantities.

So your focus can turn to water storage.

Just having a few gallons of water in the basement isn't going to cut it. You need large water storage containers and methods of treating that water.

In a pinch you can use your bathtub to store water. If you expect the water to be turned off to your home (such as in a pending storm, or during a flood) then be proactive and fill your bathtub up with water.

We have some bathtub bladders that help keep the water clean and contained. They even have pumps that easily remove the water from your huge reservoir. But you can't rely on having the time to fill up your bathtub because many times your water will be shut off without warning.

For the best water storage, use large water storage drums. Depending on how much room you have to work with, you can choose 15-gallon drums all the way up to stackable 55-gallon drums.

It's best to get FDA approved containers which don't "leach" their chemicals into water.

One final bit of information is you need to treat water for long-term storage. Bleach or other large capacity filters work best for this. The water in a 55-gallon drum may go in clean, but after a year or so in storage, it's best to clean that water before consuming.

3 Steps to clean water with bleach: ***

- Step 1: Use 8 drops (about 0.75 milliliters) of unscented bleach per gallon. Double the bleach if water is slightly cloudy.
- Step 2: Mix well and wait 30 minutes
- Step 3: If water does not have a bleach smell, then repeat Step 1. If the bleach smell is too strong, then wait before drinking or use a carbon filter for better taste.

***Bleach does have a limited shelf life, so keep an eye on that. And remember to never combine bleach with ammonia or other cleaning agents.

3 Steps To Boil Water Advisory:

- Step 1: Bring water to rolling boil for 1 minute
- Step 2: Cool water, use for drinking, brush teeth, ice
- Step 3: Once advisory is lifted, flush pipes

When planning for a 30-day supply of water, it is possible to store enough water, although it's tough.

For a family of 4, you would need 120 gallons of water. If you have room in your basement, that's great. If not, then you will have to be creative with your water storage (under beds and other furniture).





Family of 4 x 1 Gallon Per Day x 30 Day Supply = 120 Gallons Total


Regardless of how much water you can store, for mid-term survival situations you will need to plan on how to source new water.

Do you have a running creek near your house? A pond or lake? Figure out how you would source the water and carry it back to your home. Having easy to carry water jugs is important too.

Here are the items to help you through a mid-term survival situation:

Mid-Term Checklist - Water

<input checked="" type="checkbox"/>	<p>PRODUCT</p>	<p>IMAGE</p>
<input type="checkbox"/>	<p>BATHTUB BLADDER 100 GALLONS <u>CLICK HERE TO GET YOURS TODAY</u></p>	
<input type="checkbox"/>	<p>5 GALLON WATER STORAGE WITH HANDLE <u>CLICK HERE TO GET YOURS TODAY</u></p>	
<input type="checkbox"/>	<p>WATER STORAGE, WITH PUMP <u>CLICK HERE TO GET YOURS TODAY</u></p>	
<input type="checkbox"/>	<p>BERKEY WATER TREATMENT TREATS 6,000 GALLONS <u>CLICK HERE TO GET YOURS TODAY</u></p>	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	<p>KATADYN WATER BAG FILTER TREATS 200 GALLONS</p> <p><u>CLICK HERE TO GET YOURS TODAY</u></p>	

Just like water, if you're looking for mid-term survival solutions you will need to have a plan for food.

Canned foods are good, but they are meant to store for a short time on grocery store shelves before they're sold and used by consumers.

That's why expiration dates aren't all that far in the future when you buy them. And while you can enjoy canned food past the expiration date, going a few years past the expiration date could result in spoiled food, which has the very real potential of making you sick.

That's not always the case. Sometimes canned food will last decades, so that's not to say you shouldn't use them for long-term food storage.

The ideal food plan is to use a combination of long-term food reserves along with fresh food.

Fresh food can come from a garden, or possibly from fresh meat or fish (we talk about this more in the Long-Term Food section).

First, let's talk about long-term food items. When you hear long-term you're ultimately talking about mid-term food that can last for the long-term.

So mid-term food supplies can eventually be expanded into long-term food storage.

The number one rule here is to make sure you get food you enjoy eating. Think about it, if

your life has somehow ended up in the gutter because of a crisis, do you really want to try and force-feed your family food they don't enjoy?

That's a way to compound the misery of your experience.

Eating MRE's or protein bars is okay for a few days, but for mid to long-term survival needs you will need food that is both tasteful and healthy. We suggest getting the Legacy Sample Pack (see first food product below) so you can try out different samples and determine which ones you like best.

Make sure your food is shipped in waterproof, airtight containers. It's best if the food is sealed in a bag and then packaged in a stackable container. This gives you the ability to keep it for a long time, as well as safely arrange it inside your home.

Make sure it meets your dietary needs. If you're gluten-free or lactose intolerant you'll want food that matches your specific needs. The good news is we carry food that provides for these kinds of dietary needs, just give us a call for your specific needs.

Make sure it's got enough nutritional value to sustain you.



Yes, dehydrated strawberries taste really good, but are they going to carry you through a crisis filled with energy?

Probably not.

Start with foods that are calorie dense and give you protein, fat, and fiber.

Then you can add other foods as you please.

Mid-Term Checklist - Food

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	<p>LEGACY SAMPLE FOOD PACK CLICK HERE TO GET YOURS TODAY</p>	
<input type="checkbox"/>	<p>WISE FOOD BUCKETS CLICK HERE TO GET YOURS TODAY</p>	

When it comes to mid-term to long-term food planning, you also need to consider how you will prepare your food reserves. Just buying some buckets of 20-year shelf life food isn't enough. You need to think through the process of preparing and even cleaning.

Most foods are dehydrated, so most of your meals are going to require hot water to prepare. Do you have enough water? How are you going to boil the water?

Additionally you might want to enjoy a hot meal once in a while.

Open flame cooking pits are a great way to cook food and provide additional benefits of warmth and light.

However, your house may not have a fireplace, or you might not want to advertise your good fortune of food supplies to everyone in the neighborhood.

Owning a discrete camping stove that is quick to set up and quick to put away makes your

food prep go much smoother.

So there you have it. You need a portable stove.

Most stoves require propane/LP gas to operate. This gas stores well and is easy to find at hardware and grocery stores.





Other stoves can burn “fuel tablets” which are great for go-bags as they’re lightweight and quite small. Charcoal briquettes are another form of fuel tablets.

And there are some combo stoves that allow you to use any of your fuel sources within one stove. Having more than one stove is a good idea, just to make sure you always have a working stove.

Don’t forget you still need to eat the food and clean up afterwards. Here is a short list of things to consider:

- Utensils to eat with
- Cooking pots & pans
- Designated boil water pot
- Pot holder gloves
- Several forms of lighting fire
- Towels, paper plates, tinfoil, wet wipes
- Manual can opener, wine bottle opener
- Cooking knives, large spoons

Mid-Term Checklist - Food Preparation

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	DIY CAMP STOVE (YOUTUBE VIDEO) CLICK HERE TO LEARN MORE	
<input type="checkbox"/>	FOLDABLE FUEL TABLETS CAMP STOVE CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	SMALL GAS CAMP STOVE CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	2 BURNER GAS CAMP STOVE CLICK HERE TO GET YOURS TODAY	

MID-TERM CHECKLIST - TOOLS

You can never have too many survival tools. They are fun to buy and we all seem to collect them over the years.

But what you might not realize is just how important a tool will be to you in a disaster situation.

Let me give you an example. Say you've decided you're going to use your house as your primary safe location. Well most houses have gas lines running right into the home. In a crisis situation (especially a natural disaster), that gas line might break which will send dangerous natural gas into your home.

If you can't get that gas line shut off, your home could quickly become a death trap.

That's just one example, and there are many others.




Tools serve multiple purposes and aren't just fun little gadgets worth collecting for kicks and giggles. They also have great utility.



They can be used to barter with, as defense weapons, and multi-tools have several distinct advantages to them as they pack multiple uses into one package.

The list below isn't a complete list by any stretch of the imagination.

But they're a great place to start. Also see our "done for you kits" which have numerous survival tools included with them. Getting a done for you kit is a great way to get the tools you need complete with other necessary survival gear.

Mid-Term Checklist - Tools

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	GAS SHUT OFF WRENCH <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	6-IN-1 SHOVEL <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	PRY BAR <u>CLICK HERE TO GET YOURS TODAY</u>	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	MULTI-FUNCTION TOOL <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	5-IN-1 SURVIVAL WHISTLE <u>CLICK HERE TO GET YOURS TODAY</u>	

You're going to want energy to power your electronic devices. Emergency radios, cell phones, flashlights and even the occasional movie on your iPad is a nice luxury to have during times of crisis.

The first and most automatic reaction you might have is to buy batteries. While disposable batteries work, they're not highly recommended.

For one, disposable batteries die. Once they're dead you have no way of powering the devices you might have with you. For mid-term survival you need alternative power sources that allow you to continuously recharge your batteries.

Also consider that most electronics are now powered via USB, so your need for traditional batteries will probably be minimal.

When it comes to generating energy there are a few options.

If you've got the money to spend, gas powered generators are the way to go.

Generators can operate off fuel sources such as gas, kerosene, diesel and some even run on natural gas. They can produce a substantial amount of power *but* they can be expensive to purchase and operate. Furthermore generators are heavy and loud and you need to consider how much gas you can store, or how to source additional gas once you start to run low.

And keep in mind that finding gas after a large storm or power grid failure is almost impossible. For most people, a gas generator isn't the best option.

Other options include small battery backup packs.

These devices are powered via a car's DC power outlet or from your home outlet. Some models also allow you to recharge via a portable solar panel. They contain long stores of battery and can provide power for many common household items.

One of the best and most innovative solutions consist of small, portable hand cranked and solar powered charging units.




You won't be able to power a microwave with these units, but if you need to charge a cell phone, or other devices with a USB hook up, then you're covered.

There are larger options available that allow you to use a normal plug (for a small refrigerator or fan). The powerpacks are charged by plugging into the wall (when you still have power) and can hold large reserves of power.

The idea is you keep it fully charged so when the power does go out you have a bank of energy to draw from. You can also charge the powerpacks with your RV, boat, or generator.

This is what we recommend:

Mid-Term Checklist - Energy

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	SMALL - DYNAMO HAND CRANK CHARGER <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	MEDIUM - DURACELL 300 WATT POWERPACK <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	LARGE - DURACELL 600 WATT POWERPACK <u>CLICK HERE TO GET YOURS TODAY</u>	

Along with the need for energy is the need to stay informed, as well as a way to stay in touch with family and loved ones.

If you're attempting to stay in touch with family or friends, cell phones may or may not work.

That's why it's a good idea to purchase a two way radio you can use to stay in touch with loved ones, assuming they are within a few miles of you.

The other thing you'll want to possess is a radio that receives broadcasts from Emergency Alert Services. You may have already added a small radio to your kit for short-term situations, but here is your chance to upgrade to something essential for mid-term requirements.

That, and having more than one radio is always a good idea (use it to barter with or to give to a loved one).

While a FM/AM radio will get you news and updates, having a NOAA band radio will give you the best information on the disaster situation and relief efforts.

If you really want to know what's going on, getting a World Band radio is the best idea. World Band radios have the ability to tune into frequencies transmitted from other parts of the globe. These radios are incredibly useful in the event there's a national catastrophe that knocks out much of the nation's infrastructure.

Another option is to get your HAM Radio License so you can use a HAM radio. A HAM radio is also known as amateur radio.

The benefits to a HAM radio is it allows you to communicate with others if normal communication methods are destroyed.

You don't need hardwired power to run a HAM radio as a small generator or solar can power a HAM radio unit with ease. This will help you communicate with loved ones, other preppers, or just listen in and find out what is going on in your region, state, or the rest of the world.

HAM radios rely on a wide spectra of radio frequencies that are for non-commercial use; they're regulated by the government.

Yes, it's a drag, the government has their hands in everything it seems.

But, for the safety of the military as well as others, the government has created different licensing classes for HAM radio use.

The good news?

It's not very difficult to get your HAM radio-operating license.

You can get the following licenses once you take a few, simple tests.

Here's what Wikipedia says about HAM operating classes:

- The entry-level license, known as **Technician Class**, is awarded after an applicant successfully completes a 35-question multiple-choice written examination. The license grants full operating privileges on all amateur bands above 30 MHz and limited privileges in portions of the high frequency (HF) bands.
- The next level, known as **General Class**, requires passage of the Technician test, as well as a 35-question multiple-choice General exam. General class licensees are granted privileges on portions of all amateur bands, and have access to over 83% of all amateur HF bandwidth. However some band segments often used for long distance contacts are not included.
- The top U.S. license class is **Amateur Extra Class**. This license requires the same tests as General plus a 50-question multiple-choice theory exam. Those with Amateur Extra licenses are granted all privileges on all U.S. amateur bands.

Now the main question about HAM radios and getting a license is do you really want to be on another government list? Well considering a HAM radio frequency is easy to locate by federal authorities and that fines are quite steep for illegal use, the answer should be “Yes, you want to get a license.”





On the other hand if SHTF a license won't mean a thing...

It's strongly suggested you get a license so you can operate within the law. If you have privacy concerns you can get a P.O. box and register the HAM to that address so people aren't able to connect your HAM radio license with your own personal information.

Bottom line, HAM radios are great for gathering information and maintaining communication when other techniques have gone the way of the Dodo.

Here are some our favorite communication tools you can pick up today:

Mid-Term Checklist - Communication

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	KAITO VOYAGER PRO <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	MIDLAND 24 MILE 2-WAY RADIOS <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	KAITO WORLD BAND RADIO <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	HAM RADIO <u>CLICK HERE TO LEARN MORE</u>	

MID-TERM CHECKLIST - WATER & SHELTER

Remember a mid-term crisis could last for close to a month. What would happen if you were sand-bagged by a brutal blizzard in the middle of January and were left without power for 30 days?

Temperatures hover below freezing and your access to food and water has been totally shut off.

What are you going to do?

Well if you prepare in advance you can ride out the storm.

To do that safely here are a few practical and low cost tips you can follow to start.

First, access to warm blankets and sleeping bags is a must. The way these come in handy in a disaster can't be over emphasized. Ideally you'll be using these blankets to keep heat trapped near your body, so the more you have the better.

They're inexpensive, and you probably already have a few. Get a few more and it'll make riding out a cold spell a little easier.

Another thing you can do is close all the doors in your home or apartment and use one main room as your "heat base." When you do this you're able to trap warm air inside of the room and that will help raise the temperature for all.

Consider even setting a tent up inside your home. Staying inside the tent will help trap heat too.

Another great idea is using hot water bottles for when you're sleeping in a cold home. Boil

water, and then place it in the hot water bottle and you'll stay warmer when tucked inside of your sleeping bag or underneath blankets.

And remember those emergency blankets I mentioned before?

Well they're cheap and you can cut them up and line a room with them if you need. It's a great way to make sure any heat you're generating isn't lost through the roof or the walls.




Of course having a wood burning fireplace/stove is the ideal situation. You'll be able to keep most of your home nice and warm, assuming your firewood supply is sufficient.

You may have a gas fireplace, but most of these are "decorative" features and don't do much to heat your home. It's better than nothing, but don't rely on this heat source without testing it first.

There are some great portable propane heaters available. Most of these heaters hook up to a small propane gas canister (like the ones you take camping). Or with a special adapter you can hook up to the same tank your outdoor gas grill uses (20 lb. propane tank).

Here are the best options for portable propane heaters:

Mid-Term Checklist - Portable Propane Heaters

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	PROPANE HEATER SMALL CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	BIG BUDDY PORTABLE HEATER LARGE CLICK HERE TO LEARN MORE	
<input type="checkbox"/>	PROPANE HOSE ADAPTER FOR 20 LB TANK CLICK HERE TO LEARN MORE	

The longer you go in a disaster situation, the greater the risk of injury, infection, and disease become.

A first aid kit is an absolute must for a mid-term survival situation.

Think more than just band-aids and Neosporin.

You're going to want material that can close a gaping wound, as well as supplies that can help set a broken limb.

Also think about what you might need in case you can't get to the pharmacy for a few weeks.

Do you have enough medication to last in case of an emergency? Think about what might happen if you were without birth control or blood pressure medication for longer than a few weeks. Not a good scenario to face head on without a backup plan.

Another thing to think about is the proximity you'll be in with others.

Sickness and infections can quickly spring up if you're sharing cramped living quarters with others. So you're going to want hygiene supplies like alcohol, latex gloves, as well as masks that help prevent the passage of airborne contaminants.




Think long and hard about this.

As a rule of thumb most people don't die from a crisis, but because of health complications that stem from a crisis.

Getting a first aid kit is incredibly important.

Check out the list assembled below. These kits are enough to help you keep you and others healthy if SHTF.

Mid-Term Checklist - First Aid & Hygiene

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	FAMILY SANITATION KIT CLICK HERE TO GET YOURS TODAY	 <p>A collection of hygiene products including several white buckets, yellow and blue containers, and a blue tarp.</p>
<input type="checkbox"/>	FAMILY HYGIENE KIT CLICK HERE TO GET YOURS TODAY	 <p>A collection of personal hygiene items including a red backpack, several bottles of hand sanitizer, and various packets.</p>
<input type="checkbox"/>	LARGE FIRST AID WALL KIT CLICK HERE TO GET YOURS TODAY	 <p>A large first aid kit with a red and white exterior, open to reveal a wide array of medical supplies including bandages, ointments, and tools.</p>

MID-TERM CHECKLIST- 'DONE FOR YOU' KITS


Remember, if you want to make this easy on yourself one of our “done for you kits” can make that possible.




The kits listed below are good for mid-term survival. These are building off any short-term supplies you already have in place.

These kits will help you save ton of money on preparing for a crisis.

Of course, you can still add or remove items from your kit after you purchase it. No one kit is perfect for everyone, so you'll want to get your kit, then decide how to make it better and customize it yourself. The first step is selecting the right type of bag(s) for your family.

Mid-Term Checklist - 'Done For You' Kits

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	2-PERSON ROADSIDE EMERGENCY & SURVIVAL KIT <u>CLICK HERE TO GET YOURS TODAY</u>	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	GUARDIAN 2-PERSON ELITE SURVIVAL KIT <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	FAMILY BLACKOUT KIT <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	2-PERSON ROADSIDE KIT 5.0-YEAR REFRESH <u>CLICK HERE TO GET YOURS TODAY</u>	

LONG-TERM SURVIVAL CHECKLIST



Long-term survival assumes one thing. It assumes you are going to use either your house, or another safe location to hold out in during a crisis. The long-term survival scenario is going to last anywhere from 30 days to 6 months...or longer.

Essentially your long-term survival plans are going to revolve around hunkering down and waiting out a crisis.

And since you don't know what kind of crisis you'll be dealing with (super storms, infrastructure failure, pandemic, financial collapse, grid-down, social chaos, etc.) you want to make sure you can push through any, and all of them.

What makes long-term survival plans different is you're going to be on the defensive.

You should fully expect to have to conduct yourself differently in a long-term survival situation. You might have to defend your home from intruders, and you might need to rely on others for survival.

Here's how to approach this list. What you're going to learn here is putting the finishing touches on everything you learned before this. If you were to start prepping at this part of the checklist you'd be hobbling yourself and practically guaranteeing yourself an early exit in a crisis.

That's just the way it is.

Essentially this portion of the checklist is building on the foundation of your knowledge of short-term and mid-term survival techniques and giving you the finishing touches for total preparedness.

What you learned before this is equally applicable to long-term survival, so we're not going to go in depth covering tools, lights and communication, first aid and hygiene, or warmth and shelter because what you already learned will translate for long-term survival.

That being said, some of what you learned about for short-term and mid-term survival will require slight tweaks for the transition into long-term survival, so that's what we're giving you here.

LONG-TERM CHECKLIST - WATER & FOOD

There's no need to remind you that you can only go so long without water.

If you'll recall from the mid-term portion on water storage you learned about storing your water in plastic drums.

Great idea, no need to knock it. It's proven to work, and it's one of the most dependable, time-tested methods for keeping clean drinking water accessible.

But, if you do the math, you can see that at one point in time you might also run out of stored water if the situation lasts for longer than 30 days. Remember a 30-day supply of water for 4 people is around 120 gallons. Multiply that by 12 months and you're looking at 1,440 gallons of water.

One way to compliment water storage containers is to add advanced water purification to your prep list.

That way if your water-stores are ever depleted, you can still get clean water for drinking and cooking.

Many of the commonly used units employ advanced purifying elements that will eliminate 99.9999% of harmful contaminants found in water. This is especially useful when you consider that post-crisis water supplies are likely to be contaminated with all kinds of bacteria, viruses, and chemicals.

The other huge benefit to these units is their capacity to purify large amounts of water, and how long they last.

Many of these purifiers can purify thousands of gallons before their purifying elements need to be replaced.

That means if you ever run out of water in your storage drums you can purify water and then add it back to the drums for even more water.



It really depends on what's going to work best for you and your family.




If you have a lot of people to look over it's highly recommended you do a combination of water storage and water purification for a long-term storage situation.

With these two elements one of your biggest hurdles towards survival is easily cleared.

Here's one of the top purification elements on the market along with water storage elements you can use to hold your newly purified water:

Long-Term Checklist - Water

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	<p>TRAVEL BERKEY WATER PURIFICATION SYSTEM</p> <p><u>CLICK HERE TO GET YOURS TODAY</u></p>	
<input type="checkbox"/>	<p>WATER STORAGE, WITH PUMP 55 GALLONS</p> <p><u>CLICK HERE TO GET YOURS TODAY</u></p>	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	WATER STORAGE, NO PUMP 55 GALLONS CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	WATER DRUM RACK CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	WATER PRESERVER CLICK HERE TO GET YOURS TODAY	

Long-term food considerations are much like your mid-term survival preps, you'll just need to adjust for more time.

If you've got a big family and want to save money then you can get more bang for you buck with larger packages of stored grains and pasta in large buckets.

For fresh food in your diet, you will obviously start with any food you have in your refrigerator and cupboards. Fresh fruit is a luxury that many won't enjoy once they are 1-2 weeks into a survival situation.

With a little planning now, you can still enjoy some fruits and vegetables during the mid-term and long-term survival times.

Even if you don't have a green thumb and hate gardening, you can have a quick set up kit

ready if the need arises. Just store the kit with your other supplies. There are indoor kits and larger kits that can be used on your porch or semi enclosed areas.

So just because you live in an apartment doesn't mean you won't be able to access fresh food.

If you live anywhere close to the great outdoors you might be able to tap nature's bounty and secure food from the open land.


Your ability to hunt and prepare the animal for cooking is also a critical skill to have. Fishing can also be a good source of food but you can assume any popular fishing hole will quickly become overrun by hungry fishermen during a long-term crisis.


To work around this before a disaster strikes you can scope out new areas to fish and hunt in (if you have access). For many of you living in rural areas you might be able to make getting your own food from nature an everyday part of life.

For others, long-term food storage is going to be your best bet.

That's because you can buy it and count on it being good for years and years to come. Many of the long-term food storage options will last 25-30 years. So that means you can make your purchase and confidently use the food even if it happens after you've had kids and they've had kids.

Long-Term Checklist - Food

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	<p>SMALL SEED BUCKET CLICK HERE TO GET YOURS TODAY</p>	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	LARGE SEED BUCKET CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	6 MONTH FOOD SUPPLY CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	LARGE 3 BURNER GAS OUTDOOR STOVE CLICK HERE TO GET YOURS TODAY	

LONG-TERM CHECKLIST - TOOLS

Energy needs are going to increase the longer you go forward in a crisis. This is where you're going to invest your money in some powerful energy supplying supplies.

Remember what we said about generators? Well those are going to be more in pretty heavy demand come the time of a crisis.

The dependency on fuel sources still holds true, so if you can find other means to generate power you're giving yourself a hand up.



Solar is one of the best resources to use in a survival situation. The reason being is no matter what happens, the sun is still going to shine. And absorbing the sun's rays to create energy for yourself and the ones you love is a great way to coast in a crisis.

Solar supplies aren't just great for crisis situations either. They're perfect to help power devices in your home too (and can offset energy costs).

There are even solar generators you can use just like fueled powered generators. Depending on what kind of electronic equipment you want to run in a crisis these units can be a lifesaver.

Take a look at some of the more popular energy supplies you can use in a crisis situation:

Long-Term Checklist - Energy

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	DURACELL 600 WATT POWER PACK <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	SOLAR GENERATOR <u>CLICK HERE LEARN MORE</u>	

The last component to long-term survival is ensuring you can keep all those you care about safe.

Home defense needs to be a critical part of your emergency planning.

If you're in a long-term survival situation you're fighting from a position of defense. That means others might be coming to you to take your well supplied home.

It is important to be very selective in who you tell about your prepping plans. I'd suggest telling no one. One person tells another and before you know it, you could be the only one in the neighborhood with food and water (and everyone else knows it).

It's also important to keep a low profile during a disaster. If you are the only house on the block with lights on, smoke coming from the chimney and the smell of food, you could be a target. Keep things modest and blend in with the current situation. This also goes for when traveling outside your home; look a little dirty and desperate like everyone else.

When it comes to person safety, don't just assume a gun is all you need. You need to practice

with this weapon. And, you need to make sure your family can either use it (if they're old enough) or is protected from it by means of having it secured.

A weapon like a handgun or a rifle is going to be the one thing that won't just deter an intruder, it will eliminate them as a threat entirely.

In addition to a gun, there are a few other things you can do to turn your home into a fortress.

Here are some inexpensive hacks you can follow to help protect your family and your loved ones.

- Make sure you have deadbolt locks on doors that can't be reached from the outside.
- Install window locks and window stops that allow windows to still be opened from the inside.
- Install motion sensor lights on the corners of your home. Make sure these lights are visible from the inside so you know when they're triggered.
- Clear away overgrown vegetation near windows so bad guys don't have a place to hide.

Long-Term Checklist - Safety

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	<p>DOOR SECURITY PLATES <u>CLICK HERE TO LEARN MORE</u></p>	

We don't sell weapons (the government makes that pretty darn difficult).

But if you want to start making efforts to building a self-defense package it's encouraged you go places where you can learn more about weapons and weapon training.

Key point. It's of the utmost importance you train with any weapon you buy.

If you don't you might end up hurting yourself or one you love, and that's the last thing you want to do.

Ultimately to make all the effort to amass a wealth of survival supplies and neglect self-defense isn't just counterintuitive, it's dangerous.



LONG-TERM CHECKLIST- 'DONE FOR YOU' KITS



The previous done for you kits will be enough to take you to this level of preparedness.

Once you've got those, now you're ready to get the bigger "done for you kits":

To get the best savings, buy in bulk; some of the packages we have listed below are discounted and can save you a lot of money.

Long-Term Checklist - 'Done For You' Kits

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	600 SERVING WISE FOODS CLICK HERE TO GET YOURS TODAY	
<input type="checkbox"/>	WISE COMPANY 360 SERVING MEAT BUCKETS CLICK HERE TO GET YOURS TODAY	

<input checked="" type="checkbox"/>	PRODUCT	IMAGE
<input type="checkbox"/>	WISE COMPANY 12 MONTHS SUPPLY (3 SERVINGS/DAY) <u>CLICK HERE TO GET YOURS TODAY</u>	
<input type="checkbox"/>	PREMIUM 2160 SERVING PACKAGE <u>CLICK HERE TO GET YOURS TODAY</u>	

CONCLUSION?

Well yes and no. That sums up our master checklist. But that's not everything.

If you're ready to start preparing for a disaster, what you just learned will put you ahead of 99.9% of everyone else.

But are there other tips and secrets you should know? Of course there are.

And we've got a blog full of resources you can turn to that will help to answer those questions.

To access those checklists click [here](#). To access our blog, click [here](#).

Suffice to say, everything we covered, and all of the products listed are going to keep your rear-end covered if SHTF.

If you have any questions about our resources **don't hesitate to call!**

The number to call is 1-800-773-7737.

We're available 8am-5pm MST.