

A close-up photograph of a silver and black ballpoint pen resting on a document. The document is titled 'Emergency Survival Prepping Checklist' in a large, black, sans-serif font. The pen is positioned diagonally across the top of the page. The background is slightly blurred, showing other parts of the document and a blue header with the words 'TORNADO • FLASH'.

Emergency Survival Prepping Checklist

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Acknowledgements

- Our founding fathers helped create a country away from the oppression of the English government and gave us the freedoms we are blessed with today. These freedoms are slowly being taken away by that very same government that Thomas Jefferson created. The reason the government is allowed to ignore the constitution is because most US citizens have no idea what their rights are in the first place. Our founding fathers would start a revolution against this country, fighting for the same rights just as they did in the 1700's against England. It's time we take our country back before it's too late.
- I want to say thank you to all of the people in the Prepper community (like you and I) for willingly sharing and teaching each other about what is going on, how to prepare for it and most of all being strong enough to speak their mind about what they believe in...so thank you!
- ***Thomas Jefferson***
- "God forbid we should ever be twenty years without such a rebellion. The people cannot be all, and always, well informed. The part which is wrong will be discontented, in proportion to the importance of the facts they misconceive. If they remain quiet under such misconceptions, it is lethargy, the forerunner of death to the public liberty.... And what country can preserve its liberties, if its rulers are not warned from time to time, that this people preserve the spirit of resistance? Let them take arms. The remedy is to set them right as to the facts, pardon and pacify them. What signify a few lives lost in a century or two? The tree of liberty must be refreshed from time to time, with the blood of patriots and tyrants. It is its natural manure. -

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Introduction



This book will go into detail about the different

supplies you should have stockpiled in your home in the case of a natural disaster, food shortage or any scenario that would keep you in your home for an extended period of time.

Being prepared for any disaster is vital when it comes to your family's survival. Being prepared also means that you need to start now, you don't want to have to be fighting everyone at the grocery store for the last bottle of water or box of Band-Aids.

Being prepared is more than just food storage. Sure, having food and water is an important part of being prepared for an emergency or natural disaster, but there is much more to it than just food storage. When thinking of preparing yourself, what do you think of first? It's your family right? Protecting what is yours, and being able to sustain yourself and family through whatever comes your way.

With the way things are going in this country, it seems as if our country is headed in a downward spiral. Unemployment rates are high, morality is at an all-time low, and corruption is running rampant throughout our elected officials. So I like many others have decided to take accountability for my own actions, and make sure I know how to care for myself and family while slowly pulling

away from the outside drama of the world around me.

This book is about preparing to survive in your home and trying to maintain the quality of life that you are used to for as long as you need to.

Keep in mind that your stockpile will only last so long depending on the size of your family and the amount you have stockpiled. In the event of a long term survival situation you will need to have gardening, hunting and foraging skills. We have quite a bit of valuable information on our website that will help you attain the required long term survival skills.

Also keep in mind that just because you are prepared does not mean you are safe. There will always be someone out there that wants to take advantage of your foresight and prepping. This could be anyone from

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your next door neighbor to the US government deciding that it is illegal to stockpile food and require you to give up some or all of your preps to help the others that rely on the government for everything. I will go over some ways to hide and stash your stockpile and attempt to keep as much hidden away as possible.

Are You Prepared?

Food Preps:



One big misconception going around is that you need to stockpile massive amounts of

wheat grain and products you don't eat on a regular basis.

If you are not stockpiling food that you and your family do not eat on a regular basis then they will probably not be very happy about eating that in a survival situation. And if you have no idea how to use those 50 gallons of wheat grain what good is it anyway?



Children can be very picky and cause you more stress and

anxiety in a situation where you already have too much on your plate. Having some comfort food and food your family will eat will help keep the moral up in your household and help ease a stressful situation.

Make sure the food you stockpile is the food your family eats on a daily basis. Start training your family to

expect things like rice, boxed meals and dried foods such as powdered eggs and milk. They might hate this but you don't need to only use powdered milk for everything, the main goal is to get them used to eating it.

Personal Hygiene:



Toilet paper goes quick! I'm not going to tell you what my father told me "you only need two squares" because this becomes a "messy

situation" especially for children. When it comes to toilet paper, shampoo, soap or toothpaste you want to make it last as long as possible. Make sure your family knows how much is actually needed to get the job done.

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One other thing to think about is where you are going to “go” when nature calls? [This is a great video](#) that explains some creative ways like using cat litter and old phonebooks...finally a good use for phone books!

If the survival situation goes on longer than expected learning [how to make soap](#) and [how to make shampoo](#) at home can be a valuable skill and beneficial in a long term situation, but once you run out of toilet paper you might need to get creative.

The Essentials:

You don't want to be that person that has 500 cans of food to eat but no way to open it, or have 100



candles but no way to light them. Planning ahead and thinking of every possible scenario could be the difference between being self-sufficient and having to find alternatives to meet your needs.

I'll go into some of the different essentials that I make sure I not only have but are readily handy in an emergency situation.

Again, planning for the worst case scenario or most likely scenario is critical. Make sure you not only have tools such as screwdrivers, hammers, pliers (multi tools) but also make sure you have supplies for lighting heating and personal protection.

I will not be going into much detail in this book about personal protection (it deserves its own book) but this is one of the most important aspects of prepping. You can prepare for a

disaster for years and in one day it can all be taken away from you.

Protecting your stash can be anything from hiding it in walls or storage containers to actually having to physically fight for your survival. Like it or not this is a very real scenario and we need to prepare ourselves mentally to protect our family.

A Bonus!



At the end of this book there are resources listed that will show you some of the things that have helped me become a better more educated prepper. In the end we are only restricted by what and how much we know. Being prepared is not all about eating bugs and shooting guns, we have to prepare

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ourselves to mentally be ready for any challenge.

Emergency Survival Checklist:

Here is a list of 51 items that I have been working on in the event of a natural or an unnatural disaster.

Please keep in mind that **your preps should be rotated, used and replaced to avoid expiration**. It does no good to have 100 batteries if none of them work.

Food Supplies:



Water- Water is one of the first things to fly off the shelves of your local grocery store

when people are planning for an emergency, and for good reason, you can't live very long without water. But you don't have to go rushing out and buy 300 cases of water, unless you want too, but that could put a huge dent in your savings! You can store water in your home now, and rotate it. How you do it is your choice.



Rice- Right now rice is CHEAP. You can go to your local store and find 25lb. bags of rice

for less than twenty dollars. They are usually on the bottom shelf. We use rice in about half of our meals at home right now. I am a bit of a snob when it comes to my rice, I prefer the Jasmine rice over the plain, but if push came to shove, regular rice is fine too. And rice is a great part of your diet. It is filling, easy to cook and lasts a very long time.

Eggs- For me this one is easy. I have a constant supply of fresh eggs every day. And I had read before that nothing beats



fresh eggs, and I never would have believed it until I got my first group of chickens! I don't have to go to the store; the eggs are freshly made for my family every day. And there is the added benefit of a meat source if it ever came to that, but I prefer to keep them for their eggs. And chickens are very easy to care for, even during the winter months they still produce eggs and need very little interference from me.



Boxed Meals-

Things like hamburger helper, macaroni and cheese, etc. You

can usually find these on sale, and

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stock up. And you can make mac-n-cheese over a campfire, or even using your grill.



Bread (Mixes)-It's funny how in an emergency people rush to the store and buy up all the bread. But if you have bread mixes, you won't need

to be one of these people. Now granted if your power is out, you won't be able to make bread in your oven, but there are alternatives, like a camp stove, Dutch oven, etc.

Butter (Powdered)- yes you can buy powdered butter, and it's pretty good too! You just have to add water, but it lasts forever, and we all love butter, it's comfort



food. And in the face of an emergency or prolonged event, we will all need some comfort, wouldn't you agree?



Canned Fruit- Although they don't have as high of a nutritional value, they keep well, and you can eat it without heating it up. It can double as a dessert too! You can also jar your own fruit if you have the time to do so.



Baking Mix-This is another item that can be used in many different ways. You can make pancakes, biscuits, waffles, crust, and use it as a topping if making a cobbler. Baking mixes are cheap with many different uses. (Bisquick, Jiffy, etc.)



Canned Meat- And I mean all kinds of meat, potted, spam, tuna, chicken, hash, you name it, we have it. Canned foods are a staple in our house because of the different ways you can use them, and they are cheaper than buying real meat. Yes it isn't the same as fresh, but if you were without power for two weeks in the middle of summer and had a choice of canned meat or no meat, which would you prefer?



Canned soup- again, just like canned meals or meats, this is a very versatile item to have. It can be added to rice, or a recipe, or even eaten on its own.

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Dry Soup- These are nice to have in bug out bags, because you just have to add water. They are lightweight, inexpensive, and last a long time.



Canned beans- Lots of protein here, and can create a complete and filling meal. Also beans are cheap! You will get a lot of bang for your buck in purchasing beans. And canned beans have a long shelf life, another bonus for creating your long term food storage.

Dried beans – These are an awesome staple to have in your pantry. Dried beans



are just as cheap, if not cheaper than canned beans. They are a good source of protein, and provide a filling meal for a large family.



Peanut Butter- High in protein and very filling.

Peanut butter has a pretty good shelf life and is a very versatile food to add to your food stores. Again, think of comfort food, and peanut butter is a favorite, at least in our household.



Ramen noodles-ok, they aren't nutritious at all, but they are cheap, they last a long time and kids will eat them.



Oatmeal (Quick oats)- Not just for breakfast, but you can make cookies, pudding, garnish a pie,

use it in a bath to sooth itchy skin. Oatmeal is another one of those items you should have on hand because of its multiple uses.



Milk (Boxed or powdered)-The new boxed milks aren't too bad, and having

powdered milk on hand is always good for recipes. Like I said before, kids can be picky so have them try it in cereal so they know what to expect.

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Canned Vegetables-They do not have the nutritional value of fresh, but if you are in the dead of winter, you won't have fresh from your garden unless you



have stored them in a root cellar, so having canned vegetables is a good addition. And like I have said before, they are cheap, and when you are trying to build up a food supply, cheap is always good. I would not recommend tomatoes for long term though, the shelf life isn't very long for tomatoes, but if you rotate your food, as you should-using the oldest items first, tomatoes will last about a year. This is one of the vegetables I don't use past the can expiration date because of the shorter shelf life. But we use tomatoes a lot in cooking, and they too are cheap. You can make a

great spaghetti sauce with canned tomatoes and they are great for chili!



Powdered drinks- With the multitude of beverages readily available, stocking up on things like tang, lemonade, instant tea, instant hot cocoa is a good long term option. Tang is better for children than Kool-Aid and does not require sugar.



Apple Cider Vinegar- Great for dressings, and cleaning. It also last a long time. And believe it or not you can even use it as a deodorant and antiperspirant! Getting your children to use it is an altogether different problem though.

Canned Gravy- Buying this around the holidays you can amount a sizeable surplus quickly for not a lot of money. Canned gravy is useful for creating many different meals, and of course, as gravy!



Breakfast Items – Things like bacon, cereal, instant oatmeal, syrup, and potatoes (for hash browns). In my family bacon is the ultimate comfort food, as is a big hearty breakfast in general. So stock up what you can, especially the bacon. But your family better get used to not having bacon unless you own pigs.



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Spices:



Salt- For seasoning, a first aid item, a cleanser. Salt has many different purposes and is an important part of

food storage. Right now salt is cheap, and seems to keep forever, so it is an important part of our stockpiling.



Sugar- Something sweet is always nice, and sugar has a long shelf life. It may not

last as long as honey, but in my family we are used to eating sugar, so that's what I buy. I have noticed the price is steadily increasing while the container size is decreasing, so I try to find it on sale and buy as much as I can.



Pepper – Pepper just goes with everything (except ice cream). Pepper will add some extra flavor to some of the “bland” food items.



Other Spices- You can usually find these at the dollar store and pick up 2 for

a dollar. Deciding what other spices you will want really depends on your cooking skill and the recipes you use.

The Essentials:

The essentials are just that essential. These are the things we use daily and the things that are taken for granted.

Like the saying goes “you don't know what you've got until it's gone.”

If you accidentally forget to have or know where these essentials are it could be headaches down the line...and you don't want to waste your aspirin.



Batteries- We always need and use batteries.

Whether it is for remote controls, or games, I can find many uses for batteries, and we never seem to have enough. Batteries will not last forever so keep in mind that you will need a backup plan when your supply is gone. If you have 9 volt batteries, you can even use them for fire starting, but that's a topic for a later post.

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Solar radio- A [solar radio](#) is one of those necessities that is sometimes overlooked

.These can be used for entertainment as well as keeping up to date on current events.



Candles and flashlights – Candles are a good light source, and

can provide a source of heat as well. Of course you never want to leave candles burning unattended, so [flashlights are a great alternative](#). However, if you are like me, sometimes finding where I put the flashlight can be a challenge, and my kids like to take them and not return

them. Make sure you check them regularly. If you have kids in your home, flashlights can be a great toy, so make sure your flashlights are where you think they are.



Gasoline- Having full tanks of gas is a luxury, and also an important item to have in case of an emergency. Unfortunately, it is also highly flammable. Storing

gas can be done, but use common sense here and only store gasoline in approved containers. We like to keep all of our vehicles gassed up, and this includes the type we have on our property as well. All lawnmowers, trimmers, motorcycles and four wheelers are all usually full, and when we use it, we replace it. This way in

case of an emergency, we will have some fuel to last a while. We also keep extra in our approved containers, hidden out of sight in our garage, just in case.

First Aid Kit- A basic first aid kit is a needed item, but every time you go to the store get something to add to it. You will never have enough tape, Band-Aids or gauze to fill your kit. An excellent addition to [your first aid kit](#) is vet wrap. It sticks to itself, and makes a great compression dressing, or even just a regular dressing if you don't have tape, or if there is concern about an adhesive allergy.



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Matches and lighters- You can never have enough matches or lighters. Particularly useful for when the power goes out, and you never know when you made need some flame. It is best to be prepared, and have some other way to start a fire like a [flint stick](#) also.



Medications- Prescription medications as well as over the counter meds such as ibuprofen, Benadryl, aspirin, antacid tablets, etc. How many times have you gotten sick, or had a family member get sick and not have any medication available? By having a small stockpile, or oversized medicine cabinet ready, you will not find yourself running to

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the store at 2:00AM when your child has a fever. This is the same for prescription medications. A word of advice though, keep all medications out of reach of kiddos, and even though it may sound a little overkill, having a good place to hide your medications isn't a horrible idea. Out of sight out of mind, right? That holds true for medications too. Especially if you have prescription medications like narcotics, you don't really want to advertise to all of your house guests, do you? Find a place, like in a closet, hidden behind stacks of sheets, or something, place medications in a shoe box with a lid, and label it something like hot-water bottle, or something. Then only you know where it is located in your home.



Rubbing Alcohol- A Great addition for your

first aid kit, and good for cleaning in the kitchen.

Duct Tape- There is hundreds of uses for duct tape, and it is always good to have a roll or two, so that is why it makes my list for



stockpiling.



Rope- You can always find uses for rope! We save the twine that is wrapped around our hay bales because it is strong, and free. [Paracord](#) is also nice to have, if you know how to use it.

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Tools- Multiple different tools will be necessary if you find yourself off the grid. Just as important [as having tools is the ability to use them.](#)

Sometimes we take for granted what tools we need because when we think of tool we think of hammers and screwdrivers. Having a socket set, pliers and other assorted tools available will help you solve most mechanical situations that arise. It is my motto that you can never have enough tools.



Plastic Bags- pretty soon the free plastic bags will be going away from the grocery store, so I have been stockpiling these forever. You can use the cheap plastic bags from the store for hauling things, trash,

emergency gloves, poop bag for yourself or animals, wrapping material for almost anything, and probably about a hundred other things. Use your imagination when preparing and stockpiling. Your brain will come up with all sorts of ideas. It is always a good idea to recycle plastic anyway so this is a win win.



Plastic storage bins- Again, this is me thinking worst case

scenario, but hey, that's what we do isn't it? You can find these at discount retailers, and sometimes even at yard sales, which is even better. Don't fill them yet, but have them in a closet with the lids close by. Using a sharpie or large magic marker, write on the side of the containers as if you were

moving, or what you would write on a box, so you know what's inside of it, however, you aren't really writing what is inside of it. Do you see where I am going with this? Write "Christmas Decorations", or "Living Room", or "Kitchen". In the event that some catastrophic event happens, go to your pantry, and move your food to [these storage containers](#), and then put the lids on them and store them in the closet, or in multiple closets. Then, in the event that someone came to your home "asking" (and I use that term lightly) if you have any food stored, you can politely tell them you do not. I know, might be a little bit over kill, but like I have said before, better to be prepared for the worst and hope it doesn't happen.

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Comfort Supplies:

This part of the list is not absolutely necessary for survival but it may be necessary to maintain your sanity and get yourself through a tough situation. These are also a good way to keep the moral up in the household during tough times.

Coffee- We keep instant and regular coffee on hand, and stock up every time it is on sale. I guess it is one of those comfort items that seems to make everything better.



Cigarettes- Bad habit I know, but it is what it is. In case of an emergency, I will be damned if I am going to stop smoking. This is one of those keep your sanity items I talked about.



Candy- Everyone loves candy and it could turn out to be a good bribing tool to get the kids to help out. I am a chocolate freak so definitely have chocolate on hand.



Books- And I don't mean survivalist novels, I mean good old fashioned books. Sometimes getting lost in a good book can take your mind off of things, and give your mind some down time. Creating a library can be relatively inexpensive, even by searching the internet. Check out local thrift stores, and yard sales where you can usually get books for a dollar or less.

Board Games – You will need something other than books to keep you occupied and board games are especially great if you have children.



Beer or Alcohol- I myself do not drink but this is another one that will help you wind down after a stressful day. Just like Cigarettes this will not last forever, but hopefully long enough to get you used to your new found situation. I would not suggest over using or getting drunk because it could lead to bigger problems...just like it does now.



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Cleaning and Personal Hygiene:

Personal hygiene cannot be overstated. If you are stuck in a house with anyone other than yourself you are going to want to stay as clean as possible. A house full of teenagers is bad enough with running water right?



Toilet Paper- this may seem pretty simple, but toilet paper is so important. Could you imagine not having this? Me neither, so toilet paper should be at the top of your list. It is possible to use old phone books as toilet paper but I think I would rather keep the good stuff as long as possible until I had to go to the alternative.



Soap- Stocking up on soap may not seem like a necessity, but it is readily available, and lasts forever!



Shampoo- Maybe a luxury item, but again, nice to have a surplus of, especially if you can buy it on sale.



Toothpaste- Toothpaste goes on sale all the time, and having a couple of extra tubes is always nice.



Deodorant- Not really any extra information needed here I think!



Baking Soda- A good cleanser, possible toothpaste, and even an antacid.

Don't Forget the Pets

Pet Food- Don't forget about your pets! No matter what type you have, making sure they have food should be a part of your plan.



After all, most of our pets are treated as part of the family, so you should be planning for them as well. Our pets include horses, dogs, cats, and chickens so we make sure we buy extra food, grain and hay whenever we can to help add to their food storage needs as well. Also, don't

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forget about water for your pets. It can be tricky when considering how much water large animals drink, but you have to have this in your contingency plan as well.

Closing Thoughts:

There is way more that goes into prepping and being prepared for a disaster or economic breakdown. There are many other things you must take into account if you want to survive like weapons for hunting or self-protection, gardening and being self-sufficient and planning for any possible event that could shake the foundation of you and your family's lives.

Water will be your most valued position and as you know you need water for just about everything. Having food's that do

not require water could help extend your supply. Finding a water source or filtering water may become a real necessity if any survival situation goes on for an extended period of time.

You might eventually end up in a bugging out situation so this scenario should always be in the front of your mind. Even though everything seems to be fine you never know when your situation will change. I have a few articles about [what I carry in my bug out bag](#) if you want to have a look and get some ideas.

Make sure you check out some of the links on the next page that I have put together for you. Some of these are websites that I visit on a daily basis (like mine) there are some links to places where you can find good deals for your prepping need online and some of

the courses I have purchased and recommend that have helped me become a better prepper.

In closing I want to say thank you for taking the time to read this book, I know how valuable time is and I appreciate you lending some to me.

If you have any questions or comments on this book please leave a comment on the website or send me an email and I will respond as soon as I can.

Thanks Again,

Dale

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