



## Recommended 14-day / 2-week Kit Checklist

---

- Water – contained water, water purification, containers, filters
- Food, food prep tools, means to cook & clean-up
- Shelter – poncho, tarp, tent, camper
- Heat – stove or heater, fire kit/starter, fuel
- Light – candles, flashlights, glow sticks, lamps/lanterns, fuel, batteries, lighters, matches
- Hygiene & Sanitation – soap, toothbrush & toothpaste, brushes & combs, shaving gear, nail clippers, toilet paper, toilet or latrine, disinfectant, soap, diapers, other personal hygiene items
- First Aid – get training, get a kit that supports your training level, have hard-copy 1<sup>st</sup> aid manuals, keep up with immunizations, review & keep up stock of medications/prescriptions
- Sleeping gear – night clothes, sleeping bag or materials, ground pad, blankets, pillows
- Clothing – changes of clothes that fit, outerwear for the current season & next, tough footwear, extra socks
- Tools – knife, axe, saw, hammer, screwdrivers, pliers, wrenches, sharpening tools, shovel, pick, crowbar, rope or cordage, tape, buckets, can openers
- Family Papers – see important paper checklist – ID, insurance info, list of bank accounts, deeds, contracts
- Valuables – Bible, cash, jewelry, debit/credit cards, books, photos
- Specialty – personal security equipment, communications gear
- Battery-powered or hand-crank radio and NOAA Weather Radio with tone alert
- Extra batteries
- Survival Manual
- Whistle, notepad, pen, marker/Sharpie, fire extinguisher, sewing kit
- Dust mask, plastic sheeting, duct tape, work gloves, eye protection
- Fuel for autos (simple practice of not going below ½ tank during normal operation)
- Maps
- Cell-phone charger and battery back-up
- Insect repellent/mosquito netting
- Games & entertainment, quiet toys for kids
- Morale boosters