

Survival Kit List

- Water and non-perishable food.
- Zinc, vitamin C, vitamin D
- Flashlight and extra batteries.
- First aid kit.
- Sanitation and hygiene Gauzes.
- Sleeping bags and warm blankets.
- Solar Communication devices (Long Distance Walkie Talkies)
- Change of clothes and shoes.
- Eyeglasses and hearing aids.
- Weapons (Firearms, Ammunition, Knife)
- Prescription Medication
- Inhalers/EpiPens
- Cash
- Bicycles
- Solar-Powered Generator
- MREs
- Grill
- Charcoal
- Lighters
- NOAA Weather radio
- Safety Plan for Family or Predetermined meeting Location with Family
- Gas & Gas Cans
- Battery Powered Jumper Cables
- Battery Powered Air Compressor
- Check spare tire
- EpiPen
- Women Hygiene Products
- Toilet Paper & Paper Towels
- Canned Goods
- Cleaning Alcohol or Peroxide
- Bleach
- Healthy Prayer Life
- Bible
- Anointing oil
- Physical map and compass
- Basic tool kit
- Fire Starter kit
- Daily Exercise
- Water purifier
- Life saving techniques (CPR, Heimlich Maneuver, how to apply tourniquets and Gauzes)
- AED