

## 1. Water (Most Critical)

- **1 gallon per person per day** (for drinking & hygiene). Aim for **at least 3 days**, but 2 weeks is better.
- **Water purification method:** LifeStraw, Sawyer filter, or water purification tablets.
- **Extra:** Store extra water for pets.

## 2. Food (Non-Perishable & Easy to Prepare)

- **At least 4 days of non-perishable food** (canned goods, peanut butter, protein bars, rice, pasta, etc.).
- **Manual can opener** (if you have canned food).
- **Extra:** Simple cooking method (camp stove, Sterno, or BBQ grill).
- **Comfort food items:** to boost morale.
- **Pet food**

## 3. Light & Power

- **Flashlights & extra batteries** (headlamps are even better).
- **Portable power bank** for charging phones (battery, solar or car compatible).
- **Candles & matches** (backup lighting).
- **Battery powered or solar** lanterns (more backup lighting).
- **Headlamps** underrated and so many uses.

## 4. Warmth & Shelter

- **Blankets or sleeping bags** (especially in cold weather).
- **Hand warmers** (cheap and useful).
- **Extra clothing layers** (keep dry socks!).
- **Emergency blankets**

## 5. First Aid & Medicine

- **Basic first aid kit** (bandages, antiseptic, tweezers, gloves, etc.).
- **Pain relievers** (ibuprofen, acetaminophen).
- **Any necessary prescription meds** (extra supply if possible).

## 6. Hygiene & Sanitation

- **Baby wipes** (quick hygiene if water is limited).
- **Toilet paper** (store extra).
- **Bidet as an attachment to toilet** (conserves TP).

- **Hand sanitizer.**
- **Trash bags** (can be used for waste disposal or makeshift toilets).

## **7. Communication & Information**

- **Battery-powered or hand-crank radio** (for weather/emergency updates).
- **Whistle** (for signaling).
- **Printed emergency contact list** (in case phones die-include group members).

## **8. Cash & Important Documents**

- **Small bills (\$1s, \$5s, \$10s)** (ATMs may be down).
- **Copies of IDs, insurance, and emergency contacts** (in a waterproof bag).

## **9. Basic Tools & Safety**

- **Multi-tool or knife.**
- **Duct tape** (for quick fixes).
- **Work gloves.**
- **Fire extinguisher** (small household one is fine).

## **10. Personal Protection & Self-Defense (If Relevant)**

- **Pepper spray** or other self-defense tools (if legal and appropriate).
- **Emergency whistle** (again, simple but effective).

## **11. Bonus Prep (Nice to Have)**

- **Entertainment** board games, cards, or books.
- **Notepad and pens**
- **Cash** (small bills)
- **Fire extinguisher**