**Preparedness**

Stock up now, because when the zombie come stores are going to be overrun with people scrambling for supplies. Meanwhile, you get to sit back and avoid leaving your fortified shelter.

Sterilize anything questionable with bleach.   
  
•   Wear latex or nitrile gloves whenever you touch unsterilized objects. •    Protect your mouth, nose, and eyes! Cover scrapes and scratches.

•    Discard anything that comes into contact with zombie fluids, or sterilize if necessary.

Believe it or not, what you wear is more important than what weapon you carry. Your apparel choices determine how easily a zombie can drag you to the ground, whether it can bite you, and whether a bite penetrates your sweet, sweet flesh.  
  
  
Wear a sturdy leather jacket and pants and gloves when outside your fortified shelter. It'll offer you some protection against bites,

You can use duct tape to patch anything. (This goes for gear and pretty much anything else. Stock up on a lot of duct tape.)  
  
If you have long hair, cut it or keep it tied up and not able to be grabbed.

Bug out bags

* Water—one gallon per person, per day (3­day supply for evacuation, 2­week supply for home)
* Food—non­perishable, easy­ to ­prepare items (3­day supply for evacuation, 2­week supply for home)
* Flashlight
* Battery ­powered or hand­ crank radio (NOAA Weather Radio, if possible)
* Extra batteries
* First aid kit
* Medications (7­day supply) and medical items
* Multi­purpose tool
* Sanitation and personal hygiene items
* Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
* Cell phone with chargers
* Family and emergency contact information
* Extra cash
* Emergency blanket
* Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

* Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
* Baby supplies (bottles, formula, baby food, diapers)
* Games and activities for children
* Pet supplies (collar, leash, ID, food, carrier, bowl)
* Two­way radios
* Extra set of car keys and house keys
* Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

* Whistle
* N95 or surgical masks
* Matches
* Rain gear
* Towels
* Work gloves
* Tools/supplies for securing your home
* Extra clothing, hat and sturdy shoes
* Plastic sheeting
* Duct tape
* Scissors
* Household liquid bleach
* Entertainment items
* Blankets or sleeping bags
* bleach

Don’t forget pets if you have them. They need food, water and first aid.

If your plan involves your family or friends plan now on where to meet.

Make a plan and Pick two places to meet:

1. Right outside your home in case of a sudden emergency, like a fire.
2. Outside your neighborhood in case you can’t return home. Everyone must know the address and phone number.

Ten essentials

http://www.rei.com/learn/expert-advice/backpacking-checklist.html

Red cross

http://www.redcross.org/prepare/location/home-family

Buy seeds and store them.