
Family Survival Planning

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WHAT TO STORE AT HOME

Water:

- [30 gallons per person](#) (2 gallons per person per day for 1 week).

This might sound excessive, but look at your water bill this month! This figure assumes that when at home, you will eventually want a sponge bath, or will cook pasta or rice. You might even wash your hair or clothes, and will eventually flush a toilet. The Preparedness Center sells Large 55/30/20/15 gallon size food grade plastic barrels that are ideal for bulk water storage. A good location is in a detached garage (single story) or away from any heavy structure that may topple over onto them. Remember that your water heater in the house is typically 50 gallons, and may be used as a secondary (only) water supply if your dwelling survives. Additional water should be stored in 5 gallon plastic containers and should be stored in separate locations away from your main water supply (not all your eggs in one basket).

Food:

Each person or family should have on hand an emergency food supply other than your weekly store bought food. People tend to consume their emergency food supply too easily when it's readily available like canned foods, mixes, soups etc. That is why we recommend purchasing freeze dried, dehydrated, MREs, type of foods that have an extremely long shelf life that are nutritious and can be stored in the same area for accessibility, while still maintaining your weekly store bought food supply. Plan for a minimum of one week of food per person. Don't forget a manual can opener! No power, no way to open cans!

- MREs - Meals ready to eat. These are ideal for inside and outside storage conditions. Remember, the key is to distribute your supplies at various locations. These may be stored in the worst of conditions. Long shelf life with no rotation.
- [Freeze Dried Food](#) - this superior storable food is available in #10 cans approx. (one gallon) size cans that have many servings in them, and is a great choice for your main (bulk) storable food supply (available in individual cans or complete family and business systems. Freeze dried food has a shelf life of up to 20 years. The pouched meals are a great choice for distributing your food in various locations (just in case you can't get to your main food supply). The freeze dried food pouches are also a great choice for storing in your vehicle, and for camping, hiking, flying or anyplace where a lightweight hot meal is desired. They have a 5-year shelf life, taste great and retain nutrition, texture and aroma.

Cooking:

- Barbecue, 40 pounds charcoal, and two cans of starter fluid.
- Or a propane unit with two 20 pound containers of propane. A propane camp stove may also be used.

Store the following items for use with above:

- Pot and pan for cooking
- Kitchen knife
- Silverware. Spoon, fork.
- Styrofoam cups.
- Water proof matches or lighter.
- Zip-lock bags.
- Aluminum foil. A must! Can be formed into just about anything you might need.
- Thermos – handy to keep food warm or cold, or to hydrate freeze dried food.

Shelter:

- Two person [tube tent](#) minimum, larger size better.
- Wool blanket or [sleeping bag](#).
- Emergency [Space blanket](#).
- Instant hand/body warming pads.
- Propane powered Heater, 20 pound cylinder mounted.

Medical:

- [First aid kit](#). You should have one for your car supplies and another for the home. We also recommend taking a first aid class including CPR.

Also store the following items:

- [First aid manual](#).
- Extra prescription medications.
- Aspirin or Ibuprofen.

Light:

- [Flashlight](#) with 2 sets of spare alkaline batteries and one spare bulb or an emergency light.
- [Lantern](#), battery, kerosene or propane powered. Store fuel or batteries, but never use fuel based lighting until you are sure gas leaks are eliminated.
- [Long life candles](#).
- Water proof matches or lighter.

Communication:

- [AM/FM radio](#). Store at least 3 sets of alkaline batteries for standard units. The best radio is one that has rechargeable NI-cads built in, and may be charged with the built in solar cell, or by cranking on a built in generator handle. We recommend this radio for your supplies in your car as well.
- Pen, pencil, and paper pad. Store in zip lock bag.
- Stamped postcards. Store in zip lock bags. Your house might be gone, but if you still have a mailbox, the mail will continue service. An easy way to stay in touch with family far away.
- List of [important phone numbers](#), including your out-of-state contacts.
- Weather radio or police scanner. A bit expensive, but weather radio is a must in tornado or hurricane country.

Tools:

- Fire extinguisher large 5-20 pound, type ABC.
- Crow bar, 1 ft min.
- Leather gloves.
- Multi-function pocket tool or knife.
- Plastic tarp, 9x12 ft min.
- Nylon rope, 100 foot.
- Duct tape.
- A multi-purpose tool for shutting of gas and water main valves.
- Portable generator. Make your selection based on what really needs to be powered and the run time of the model. Our recommendation is for a maximum size of 5 HP, 2250 Watt 120vac only. To get a 230vac generator will require an 8 HP motor, and your run time will drop in half. Typically, the only items in your house that will require 230vac are an electric heating system, an electric water heater, or an electric range. What you really need to power is a refrigerator, a few lights, and a radio. Power converter for running 120 volt items from car battery.

Sanitation:

- Portable chemical toilet and disinfectant crystals. Store in garage away from house. You will only need this if your dwelling is damaged, or if your water supply is limited.
- Toilet tissue rolls. Store inside portable toilet. Garbage bags. Can also be used as toilet liners.
- Pre-moistened towelettes.
- All purpose liquid soap.
- Toothbrush and toothpaste.

- Disposable razor.
- Feminine hygiene items.
- Latex gloves.
- Gallon of disinfectant.

Baby stuff (if needed):

- Baby formula and plastic bottles.
- Large box disposable diapers.
- Pre moistened wet wipes.
- Baby blanket and knit cap.
- Two or three complete change of baby clothes.

Misc.:

- One complete change of clothing for each person.
- Emergency poncho.
- Pair of boots each person.
- Change. \$6.50 in quarters fit in a plastic 35mm film container nicely.
- \$50 cash min, in ones, five's, and tens.
- Two credit cards.
- Photo copies of ID.
- Spare checks.
- Playing cards.
- Spare keys.