

**Checklist for survival - Stay or Go**

Checklist – All in one place or container, Ready To access or Grab And Go – In the extreme case of a major catastrophic event that requires mass evacuations - you should have:

1. Maps/Compass – very important, your phone may have a good gps navigation but may not work
2. Wind up/solar radio that can charge cell phone.
3. Space blankets and regular blankets
4. Food for 10 days at least, include seaweed and spirulina (or other chelating supplement), for radiation, vitamins, water filtration bottles too. We recommend 50# bags of rice Beans, spices and seasonings, bag of flour, some air tight containers, snack food. More than enough water 1 gal/person/day for as many days as you can accomplish. All food stored should be non-perishable, rotated and replaced.
5. Water for 10 days, 1 gal/day/person (btw, water in clear water bottle safe after 2 days in sun), bleach (16 drops per gallon water for purification, mix, let sit for 30 min). Got a well, get a 12 volt or hand pump or figure out a way to get the water without grid power.
6. Solar Camping Shower (\$10-20) very nice luxury item.
7. Always full fuel tank in the car(s) (top it off every day or two), Extra 5-10 gallons of gas (dangerous to carry though, have approved containers, best to carry concealed on roof rack if you have one) Keep all fluids topped off.
8. Clothes (seasonal) and good hike, run or fight shoes, Hats, towels, coats or jackets (even in warm weather for high elevations). Don't forget a sewing kit for repair.
9. N-95 dust masks
10. Gas masks example of very good Israeli mask NBC filter (nuclear, biological, and chemical)
11. Motor cycle or safety glasses.
12. Bike helmets make good head protection in a confrontation
13. First aid kit
14. Nitrile gloves
15. Alcohol wipes – gets you clean when can't get a shower and good for medical as well. Comes in bulk for diabetics
16. Large wound bandages are cheap if you buy maxi-pads instead of bandages
17. Flashlights including at least one head lamp
18. Batteries
19. If you choose to have firearms, Obey all federal, state and local laws, observe all safety precautions, especially concerning children. Avoidance of conflict is best.
20. Tarp and a good 2 person tent that does not require stakes (for quick up and down) don't set up visible from road. Park the car pointed toward go.
21. A good backpack for each in case on foot
22. Axe, saw AND a good knife, single blade, one hand opening, folding with belt clip is best for access (tactical, not a toy), and Swiss Army (multi w/can opener) knife always good.
23. Fire starter kit and dry WP container with matches. Dry kindling / newspaper. You should be able to have a fire started in 30 seconds once built. A magnifying glass + Sunlight = Fire. Shredded magnesium makes great starter even with wet tinder.
24. Comfort and Energy foods
25. Notebook computer with PDANet software <http://www.junefabrics.com> or HotSpot service, tethers your notebook and cell for wifi anywhere you have cell phone service on the road (works great!)
26. Geiger counter to measure radiation. Use with jet stream info below to plan routes.
27. Live jet stream feed, this is why #25 is so important while in the car, let you know where to avoid. [http://www.stormsurfing.com/cgi/display...a=glob\\_250](http://www.stormsurfing.com/cgi/display...a=glob_250) and <http://hint.fm/wind/>
28. Check spare tire
29. Meds/prescriptions as needed
30. \$, as much as you can get, in cash
31. Basic tools for possible vehicle trouble, including pliers and screwdrivers, (screwdriver a great weapon btw)
32. Cheap rain suits, alternative is large trash bags with 3 holes for poncho (this really works great)
33. Sunscreen
34. Charged phones, car chargers, 2 way walkie talkies (1 for each person), cig lighter to ac adapter is handy
35. Misc. plastic bags, duct tape, rope, toilet tissue, tooth paste, toothbrushes, floss, OTC painkillers, paper towels, soap etc. (have these as extras in go bag, so don't have to run around to get going)
36. Passports and important documents, birth, insurance, wills, property titles, acct numbers, have your phone contacts written.
37. Faraday cage (optional for phones and electronics EMP) easy to make out of a small steel cash box
38. Kill switch in the car under dash (optional) if you leave vehicle it still there when you return, or foil a carjacking
39. Solar charging and light, Great!! You can also put together a small solar panel and inverter.

40. Fire extinguisher
41. Mess kits & utensils
42. Shovel, (small camp shovel is best for size)
43. Whistles - alarms, with fish line makes a good perimeter trip wire alarm.
44. Pet food/extra water if pets going
45. Writing supplies and instruments, journal etc
46. Extra items for barter
47. Other individual needs
48. If shelter in place – 12' pool, cheap water reservoir 1500+ gallons - needed 1 gal/person/day for survival needs.
49. Other – Potassium Iodide –Do not take unless necessary
50. Other – Seeds, NOT GMO
51. Weapons may be important, silent is best, like bow, crossbow, knives, bokken, bear repellent. Even if all you have is a stick, be proficient, practice.
52. Self-defense training, even just a little goes a long way for avoidance as well as confrontation.
53. Community engagement and organizing.