

Use the lists below to create your personal list and from that your ‘need list’. For food, store what you normally purchase and eat, things that can be easy to prepare in conditions where you may be without power or safe drinking water. The quantity of food and water, along with disposable items you need to store is directly related to the number of people relying on those items, how much each consumes over time and the duration of the disruption of resupply. Think back to early 2020, with the disruptions of the “supply chain” and the shortages we experienced.

**“The prudent see danger and take refuge, but the simple keep going and suffer for it.” Proverbs 27:12**

<u>Item</u>	<u>Qty</u>	<u>Item</u>	<u>Qty</u>				
Cases of bottled water		Soup in cans		Mess Kit, with utensils		Deodorant	
Energy Drinks		Chicken broth		Manual can opener		Toothpaste	
Gatorade (powder)		Canned chicken		Toilet paper		Toothbrushes	
Lemonade (powder)		Tuna		Trash Bags		Dental floss	
Teas		SPAM		Flushable wipes		Shavers	
Coffee, Instant		Canned beef		Duct tape		Lotion	
Chocolate syrup		Pancake mix		Shampoo		Foot powder	
Hot chocolate powder		Pancake syrup		Bar soap		Body powder	
Pedialyte		Sugar		First aid kit		Feminine hygiene items	
Mayonnaise		Salt		Flash light		OTC Meds	
Mustard		Pepper		Batteries AAA		Sun block	
Ketchup		Dried milk		Batteries AA		Insect repellent	
Sauces:		Condensed milk		Batteries D		Portable water filter	
Pasta Canned		Shelf stable milk		Batteries 9 volt		Bleach (unscented)	
Jam/jelly		Canned potatoes		Batteries: Other		Rubbing alcohol	
Peanut butter		Canned corn		Tool kit, basic		Dawn dish soap	
Parmesan cheese		Canned beans		Water proof matches		Playing cards	
Honey		Tomato sauce		Propane tank		Board games	
Corn Syrup		Pasta, Dry		Candles			
Crackers		Pasta, Canned		Gasoline, w/ fuel additive			
Trail mix		Zip lock bags		Fire extinguisher			
Sunflower seeds		Paper plates		Carbon monoxide detector			
Cracker snack packs		Plastic utensils		Fire/Smoke detector			
Nuts		Plastic cups		Clothes detergent			
Olive oil		Aluminum foil		Portable radio			
Vegetable oil				Whistle			
Rice				Paracord			
Dry beans				Compass			
Applesauce				Local Road Map			
Vinegar				Sand Bags			
Ramen soup				Charcoal			
Cold cereal				Water storage containers			
Oatmeal				Thermal/mylar blanket			
				Tarpaulins			
				Nails/Screws/Fastners			

## The Rule of Three;

YOU cannot survive Three . . .

- Seconds without security. Have security awareness, take precautions and be protected.
- Minutes without breathing oxygen. Fire protection and water safety saves lives.
- Hours without appropriate protection from a hostile climate. Be aware of your environment.
- Days without safe drinking water. Store drinking water, know what to do to get safe water.
- Weeks without adequate caloric intake. Store easy to prepare meals of shelf-stable food.

### Security:

When law enforcement is minutes away, seconds count. Secure the entrances to your home, close and lock your doors and windows. Secure exterior doors by removing the short screws (usually 3/4") that hold the door strike plate and hinges to the jams into the studs and replace with 3" screws, reducing the chance of the door being kicked open. "Bear spray", pepper spray or hornet spray is a deterrent to an aggressive animal or human.

### Asphyxiation:

Asphyxiation kills in three minutes. This situation gives you little time to react. The most common cause of accidental asphyxiation is drowning, an interior home fire is next. Carbon monoxide poisoning - usually from a combustion source in the home, along with poor ventilation kills hundreds of Americans every year. Be sure to have battery operated fire / smoke detectors outside every bedroom. Carbon monoxide detectors should be mounted according to manufacturers' suggestion. People on CPAP machines and those who use oxygen supplementation from an O2 concentrator need a plan, just in case power goes out. Have a life preserver near your pool or dock.

### Exposure:

Exposure occurs far more rapidly than most people realize. Hot or cold, you could find yourself unable to function in less than three hours. Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6°F. Hypothermia begins as your core body temperature falls below 95°F. When your body temperature drops, your heart, nervous system and other organs can't work normally. Left untreated, hypothermia can lead to complete failure of your heart and respiratory system and eventually to death. Your body temperature can drop to a low level at temperatures of 50°F (higher in wet and windy weather), or if you are immersed 70°F water or colder.

Hyperthermia; is the condition when the body's heat-regulation system becomes overwhelmed, causing a person's internal temperature to rise. A body temperature of more than 104°F is defined as severe hyperthermia, which is a serious medical condition requiring immediate medical intervention. Heat exhaustion is one of the more serious stages of hyperthermia that can lead to fatal heat stroke. Physical activity in warm, humid, environments increase the risk of this condition with dehydration a contributing factor.

### Dehydration:

Dehydration occurs much more quickly than starvation, a safe water supply is much more critical to address over food. In a temperate climate and without exertion, the human body requires approximately 2.5 quarts of water per day, just to replace the water loss. This does not consider the water needed for cooking and food preparation, or any other personal use. In extreme heat and/or with minor physical activity fluid replacement needs goes up significantly. Avoid consuming sugary, caffeinated and alcoholic drinks in place of water. These accelerate dehydration.

Drinking contaminated water can result in diarrhea, and that can lead to rapid, catastrophic dehydration. Unless you have a medical condition that impacts urine production, if you are drinking water but not urinating frequently, or your urine is dark, this is an indicator your fluid intake is not sufficient, and **you are dehydrated**. Safe drinking water is more important than food.

### Starvation:

Starvation is the result of a severe lack of nutrients needed for the maintenance of life. Depending on age and physical condition most would likely have three weeks before they starve to death. Level of physical exertion, and caloric needs to stay warm impact the body's calorie requirements and will impact survival time dramatically. To survive the first three weeks into a disaster, only to starve to death is foolish. A 50 year old 6 foot tall man weighing 160lbs, with light physical activity burns 2100 calories/ day. A single military MRE™ meal contains on average 1,259 calories, which seems high, but a soldier in combat training burns over 4,200 calories per day.