



Food Prepping Checklist

Water

- ☐ Store at least 1 gallon per day per person. Ideally, you should store enough to last you two weeks but you may store enough for 3-7 days.
- ☐ Add ½ to 1 gallon per day per person for washing and hygiene.

Food

- ☐ Multifunctional food products or food that can serve more than one purpose like pasta, rice, wheat and beans. These products are also cheaper and require less storage space.
- ☐ Protein-rich foods. Very important! Canned meats like spam, chicken, tuna and ham are great sources of protein.
- ☐ Foods that your family actually like to eat that are storable and have long shelf life.
- ☐ Basic staples such as flour, sugar, salt, cooking oil, vinegar and spices. Salt and some spices can be used to preserve meats and add to their storage life.
- ☐ High energy snacks. Necessary for quick energy boosts as these snacks are rich in protein and complex carbohydrates. Energy snacks you can store include granola bars, nuts, crackers, trail mix and peanut butter. These snacks usually have shelf lives of up to a year.
- ☐ Comfort foods. Good for boosting up morale in times of crisis. Include snacks like cereals, candy, cookies and popcorn in your stockpile.
- ☐ Back-ups for your back-ups. Even your emergency food supply need back-ups. Food bars, freeze-dried foods and MREs are good back-up foods.

Important:

Store enough non-perishable food that your family needs for at least 3-7 days. For 2 weeks if you can.

Your food items should not need refrigeration, preparation or cooking and should use little or no water.

Store foods that are compact and nutritionally dense that can last long in storage.

Buy food items in small amounts so as not to strain your budget. For example, you may buy one or two canned meats when you do your weekly grocery.



Avoid items that are too salty. Salty foods will make you want to drink more water than you would normally have in a day.

Rotate your stock regularly to keep the foods as fresh as possible in case of emergency. Do a food storage inventory check every 6 months and use and refresh your stock.

Cooking Tools

- ☐ Stove/grill
- ☐ Fuel
- ☐ Cooking pots, pans
- ☐ Can opener
- ☐ Plates, cups, utensils
- ☐ Matches, lighters

Important:

Have several alternative tools for cooking like having a barbecue grill, a camp stove with extra fuel and open fire cooking

Considerations For Babies/Children

- ☐ Canned or powdered formula
- ☐ Feeding bottles
- ☐ Diapers and wipes
- ☐ Baby food
- ☐ Ointments and medications
- ☐ Books and games for entertainment

Considerations For Pets

- ☐ Extra food for your pet (pet foods when properly stocked also have long shelf life)
- ☐ Extra water for pet
- ☐ Tag with name
- ☐ Paperwork with name and description of pet, vet's name, address and phone number



Emergency First Aid Kit

- ☐ Include OTC medicines like oral antihistamine, aspirin and non-aspirins and prescription drugs.
- ☐ First aid manual
- ☐ See our First Aid Checklist

Other things to consider...

Important Documents

- ☐ Birth certificates
- ☐ Marriage certificates
- ☐ Passports
- ☐ Citizenship papers
- ☐ Adoption papers
- ☐ Financial statements
- ☐ Retirement accounts records
- ☐ Bank account information
- ☐ Credit card numbers and expiration dates
- ☐ Social security cards
- ☐ Divorce decrees
- ☐ FOID cards
- ☐ Drivers licenses
- ☐ Insurance policies/cards (life, homeowners, renters, car, fire insurance policies, etc.)
- ☐ State and federal tax records
- ☐ Car title and registration
- ☐ US savings bonds, stocks, deeds, mortgages and securities
- ☐ Last will and testament

Important:

Keep your important documents in a secure location like a fire-proof safe or a safe deposit box.

Keep your documents organized so that in a time of emergency, you can access them easily and take them with you.



Go Bag Or Bug Out Bag

- ☐ Mess kit – plates, cups, utensils
- ☐ Waterproof matches, lighters or fire steel
- ☐ Can opener
- ☐ Camp axe and survival knife
- ☐ Aluminum foil
- ☐ Survival manual or emergency preparedness manual
- ☐ Medical kit plus first aid manual
- ☐ Vitamin supplements
- ☐ One month supply of your prescription meds
- ☐ Over the counter medicines (pain relievers, antacids, anti-diarrhea, antihistamines)
- ☐ Flashlight and radio (battery operated or manual crank)
- ☐ Extra batteries
- ☐ Lamps (battery operated) or lantern with extra fuel or candles
- ☐ Garbage bags
- ☐ Tent or wool blankets or sleeping mats or sleeping bags
- ☐ Water proof tarp or plastic sheeting or drop cloth
- ☐ Important documents
- ☐ Some cash with coins
- ☐ Duct tape
- ☐ Compass
- ☐ Extra clothes (the types that can protect you outdoors)
- ☐ Extra bottled water
- ☐ Water filter and/or water sanitation tablets
- ☐ Canteen with metal cup
- ☐ Needle and thread
- ☐ Rope, twine or paracord
- ☐ Signaling devices i.e. whistle
- ☐ Plastic containers, Ziploc bags or plastic bags
- ☐ Soaps, detergents
- ☐ Sanitation, personal hygiene items
- ☐ Feminine supplies
- ☐ Updated local map
- ☐ Work gloves
- ☐ Extra pair of shoes or boots for each person; extra pair of wool socks per person



SURVIVAL SPIN

SIMPLE SURVIVAL STRATEGIES

- ☐ Rain gear
- ☐ Gloves and hats
- ☐ Sunglasses and extra prescription glasses or contact lenses and supplies

Additional Resources:

[How to cook and store food outside](#)

[How to grow food inside no matter how much space you have \(or don't have!\)](#)

For more useful survival tips, visit crisissurvivortips.com