



Useful Survival Supplies

- ID Documents
- Cash
- Hand Crank Radio (list of your area radio stations written down)
- Power Source (source to charge phone, electronics etc.)
- Walkie Talkies
- Flashlight
- Batteries
- Matches or Fire starter alternative
- Candles (or a kid-safe option battery operated candles)
- Duct Tape
- Trash Bags
- Manual can opener
- Camper stove (pots)
- First Aid Kit
- Toilet Paper
- Paper Plates and Utensils (save water for drinking)
- Baby Wipes
- Small toys or activities for kids (legos, boardgames, books)
- 1 Backpack for each family member (clothes, toiletries etc.)
- 1 Gallon Bottle for each family member (water)

First Aid Kit (This is also the kit I carry on every road trip)

- Liquid Bandaid or Bandages
- Tea Tree Oil
- Thermometer
- Bug Repellent
- Neosporin
- Chapstick
- Alcohol
- Tweezer
- Ibuprofen
- Hand Sanitizer
- Prescription Medicine
- Knife, Scissors, Multi-tool

Food (2,000 calories per day)

- Tomatoes
- Corn Kernels
- Pasta
- Quinoa
- Nut Butter
- Dried Fruit or Canned Fruit
- Tuna
- Protein Bars
- Rolled Oats
- Canned Soups
- Crackers
- Granola or Oatmeal
- Salt & Pepper
- Balsamic Vinegar
- Dehydrated Milk
- Dried Bone Broth or Bouillons
- Beans canned or dried (lentils are great)
- Herbal Tea (ginger, green tea)
- Honey
- Coconut Oil

emergency numbers

emergency plans or evacuations meeting place