

FOOD & DRINKS	HYGIENE/SANITATION	FIRST AID	WEATHER/ CLOTHING	SURVIVAL/SANITY	TOOLS
Plan meals around caloric needs	Keep liquids in ziploc bags for spills.		Keep an extra change of clothing for each family member in a ziploc bag.		<i>Get good quality tools. Your life may depend on them.</i>
<b>Breakfast Ideas</b>	Toothbrush	Bandages in different sizes	Long sleeved shirt	Current Road Map	Mini shovel
Instant Grits	Toothpaste (travel size)	Antibiotic Ointment	Pants	Good Compass	Multi-tool
Instant Oatmeal	Hand Sanitizer	Antihistamine	2-3 changes of underwear	Good Pocket Knife	Hatchet
Granola in baggie	Kleenex	Pain Reliever	wool socks	Backpack	Saw
Granola bars	Chapstick	Antacid	Walking/Hiking shoes	Heavy Duty Trash Bags	Vice Grips
Freeze Dried/Dehydrated Fruits	Sunblock (stick for kids)	Anti-diarrhea/ Immodium	Sun hats	Cell Phone Car Charger	
Dry Cereal	Bug Spray	Sharp Tweezers		GPS (mobile)	
Yogurt Bites	Body Wash	Snake/Bug Bite Kit	<b>Seasonal Items</b>	Wind Up Weather Radio	<b>Vehicle Maintenance</b>
Organic Toaster Pastries	Toilet Paper	Instant Ice Packs		LED Flashlights	
Bagel Chips	Feminine Hygiene	Sting-free cleansing wipes	Good Winter gloves	Extra Batteries	Oil
Breakfast Bars	Hair Bands	N95 Dust Mask	Winter hat	Tent	Antifreeze
Freeze Dried Scrambled Eggs	Deodorant	Pair of Latex Free Disposable Gloves	Jacket	Safety pins	Rain-X wipes
<b>Snack Ideas</b>	Wet wipes	Super Glue	Long underwear	Fishing Kit	Jumper Cables
Sunflower Seeds	Lotion	Prescription Meds	Sunglasses	Flint & Steel	Tire repair kit
Gummy fruit snacks	Wash cloth & Hand Towel	Glasses or Contacts Backup	Battery powered hand held fan	Bandanas	Spare tire
Unsalted/Low Salt Pretzels	Nail clippers	Eye Drops	HotHands Hand Warmers	Whistle (for each person)	Jack/Tire tool
Cookies	Porta-potty	Epi Pen (for allergic reactions)	Snow suit for baby (winter)	Duct Tape	Tire pressure gauge
Rice Cakes	Clorox wipes	Moleskin		Fire Starter	Extra fuses
Pilot Bread/Crackers		Ginger tablets	<b>Rain Protection</b>	Scissors	Spare bulbs
Peanut butter		Travel sickness bags		Headlamp	Electrical tape
Trail Mix	<b>Baby Supplies</b>		Poncho	Work Gloves	Windshield wiper fluid
Unsalted Nuts		<b>Baby's Health</b>	Umbrella	Sewing Kit	Fire extinguisher

Energy Bars  
Honey/Honey sticks  
Fruit Roll Up

**Lunch Ideas**

Jerky  
Tuna/Chicken Salad &  
Crackers To-Go Kits

Freeze Dried Veggies

Peanut Butter or Cheese  
Crackers

Dried Fruit

Cup o' Noodles

**Dinner Ideas**

MREs

Just Add Hot Water Meals

Minimum Cook Meals

Ramen Noodles

Instant Couscous

**Cooking & Serving**

Alcohol Stove & Rubbing

Alcohol

Wing Stove & Tablets

Waterproof matches, lighter

Small pot

Deep dish/Heat proof bowl

Heavy Duty Mug

Spork or eating utensils

Wash rag

Biodegradable Dish soap

Diapers

Baby Wipes

Baby Wash (travel size)

Plastic bags/Wet Bags

Baby toothpaste/brush

Diaper Cream

Baby Lotion

Baby nail clippers

Pacifier

**Wash Water**

Extra water to wash your  
face/hands or brush your teeth.

Saline nose drops

Infant Tylenol

Hylands Teething  
Tablets

Nasal Aspirator

Little Tummys Gas  
Relief

Skin Cream  
(Eczema?)

Cash

Ear Plugs

Pad paper/pen

Window Breaker/Seatbelt  
Cutter

Disposable Camera

Binoculars

2-way radio

Trail Tape

Two tarps

100' nylon tow rope

wool blanket

Survival Guide

Wild Foraging Guide

Carabiner clips

Female Urination Device

Bed roll/pad

Bible

**Baby/Kids**

Baby Carrier/Sling

Stroller

Sleep sack for baby

Non-battery operated toys

Coloring pencils/sharpener

Pad paper/coloring book

Travel Game/Cards

Dice

Books

Power steering fluid

Transmission fluid

## **Water & Drink Ideas**

Bare minimum, 1/2 gal. of water per person per day

Aqua Blox- 8 per person/day

Tea Bags

Instant Coffee

Powdered Drink Mix

Instant Milk (for coffee/cereal)

Hot chocolate

Apple Cider

Tea Mix

Sugar packet if needed

\*Juice Boxes (not preferred)

Water filtration bottle or straw

Stainless steel water bottle

Water purification tablets

## **Baby Needs**

Formula

Bottle/Sippy Cup

Baby Food & Spoon

Bib/Burp cloth

## **<--- Other Ideas**

Pack salt, pepper and other spices in small packages

Make sure you calculate how much extra water you would need for preparing meals!

Some people include cups of pudding, fruit, or

applesauce. Personally, I don't trust the safety of exposing the plastic to extreme car temps.

Some people include cans of pasta, soup, and meat.

But cans are heavy to carry, and can explode in extreme temps.

Pack some of these items in a med. plastic bucket or tub w/ lid. Use for washing dishes, or collecting water.

ID Tattoo

## **Self Defense**

Hand gun/ammo

Pepper Spray

Taser

Knowledge: Self Defense Course

## **Personal Identification**

Laminated Family Photo

Emergency Contact Phone Numbers