

Survival List for Home Preparedness

This guide is primarily written for urban/suburban survival situations where staying in your house/apartment is possible.

Start gathering items today or at least the next time you go grocery shopping. Being a little prepared is still significantly better than not at all!

How you choose to prepare your home will depend on your specific situation. Depending on where you live, your living situation, the types of disasters you are likely to face, the amount of money you have to devote to survival items, and ultimately your belief in whether you will ever face a true disaster will influence what items you need from this list. This list should be used as a guide when obtaining survival gear, with it in hand, you will be more informed and can make individual decisions that fit your specific situation.

The first list explains items and the second list is for printing and checking off when actually buying items.

The categories are ranked in terms of importance.

1. Yourself

Get healthy - take care of any physical problem you have been putting off - nagging injuries, dental issues, etc.

Get in shape - do aerobic exercise - being able to do manual labor or run from danger will be important.

It is obvious, but also easy to overlook - someone who is in shape and healthy has a much better chance at survival. Survival situations are extremely stressful, make sure you are healthy enough to make use of all the items and information you have gathered.

Knowledge and Skills - Being prepared mentally is very important in survival situations.

Circumstances change fast and having knowledge and skills will help you maximize the survival items you have.

Learn CPR and First Aid skills – Calling an ambulance may not be an option.

Learn Self Defense – People are more aggressive when they are desperate.

Avoid confrontations, but know how to handle yourself if you encounter one.

Learn Firearm skills - Owning a gun for protection will only be worthwhile if you are able to use it effectively.



[More Prepared](#) – Great prices on survival items

Click any of the links (at the bottom of the pages or the pictures) to purchase survival items.

Obtain and read books on important topics -

The Bible - My personal favorite - Survival situations can lead to periods of heightened spirituality.

Medicine/Medical - It may be impossible or impractical to see a doctor should a problem arise.

Mechanical - You will need to know how to fix anything that might go wrong in your house.

Dental - Same problem as seeing a doctor.

Optical - Same problem as seeing a doctor.

Electrical - Being an electrical expert is not the goal, but you should know the basics of how circuits work should something go wrong.

Small Scale Farming - If the disaster lasts longer than your food supply, you will still need to eat.

Wilderness Survival (Take survival classes if needed)

The last important thing about yourself that is key to survival is your mindset - If you do not think you will make it through your situation, then you probably will not. **Decide that you want to survive!**

2. Water - An active person normally needs at least 2 quarts a day - Absolute Preparedness Minimum - 5 gallons per person

Bottled water - Easiest to just stock up on packages of bottled water or containers of distilled water.

Containers - empty soft drink bottles, empty bottled water bottles

Filter - Use when stored water has run out.

Water purifier - Same as filter

Purifying tablets - Same as filter



3. Food - Absolute Preparedness Minimum - 1 week supply of non-perishable food per person

Do not expect your local grocery store to stay stocked in the case of an emergency!

After making sure you have the minimum it can be very easy to just purchase extra food each time you go to the grocery store and add the extra to your stockpile.

Requirements for food:

1) No need to refrigerate 2) High nutritious value/volume 3) Long shelf life, 1-5 years 4) Need little to no water 5) Don't need cooking or can just be heated over a flame

This will usually take you to:

Canned meats, fruits, and vegetables

Canned juice

Canned tuna

Dried pasta/Ramen noodles

Dehydrated soups

Milk powder

Marmalades

Rice

Dried beans

Dessert (Long lasting) - We all need a treat once in a while, right?

Salt, Sugar, Pepper, Spices

Survival Kits Online – Great selection of survival kits