



PRO PREPPER'S Dummy-Proof CHECKLIST

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No matter what type of disaster or emergency situation you are preparing for, it's always a great idea to have a checklist for you and your family to reference to increase your chances of survival. Your chances are going to come down to your emergency preparedness supplies and the training you and your family have practiced to make the most out of a bad situation and adapt to your new circumstances and environment.

The items you need will vary depending on your intention to stay put or get out of dodge, but the essentials are the same and in any case you should have both a cache of stored supplies and a bug out bag with everything you need to survive on the road for a few days.

BUG OUT BAG:

Every member of your family should have a bug out bag with contents necessary to survive for a few days' time. Suggested contents vary, but you should be ready to go with at least the following items:

- ☐ Flashlight (LED) – mechanically operated or with extra batteries
- ☐ Paracord
- ☐ Duct tape
- ☐ Compass
- ☐ Map (of your area)
- ☐ Knife
- ☐ Multi tool
- ☐ Waterproof matches/fire starter tool/flint/magnifying glass
- ☐ Basic first aid kit
- ☐ Water filter/sanitation tablets/bleach
- ☐ Whistle
- ☐ Signal mirror
- ☐ Survival blanket

- ☐ Cook stove
- ☐ Toilet paper
- ☐ Poncho/Lightweight rain jacket
- ☐ Zip ties
- ☐ Zip-lock bags
- ☐ Mess kit with plate/cup/utensils
- ☐ Sewing kit (travel sized, or just needle and thread)
- ☐ Change of clothes (including extra pair of socks and shoes [if possible])
- ☐ Sunglasses
- ☐ Work gloves
- ☐ Plastic sheet or tarp
- ☐ Toiletries

The following is an overview of things that you should strive to maintain and stockpile to survive the immediate aftermath of a disaster or emergency situation.

Stockpiling large quantities of food, water, and supplies is a decision that is

made on at an individual prepper level and depends on your income, home and property size, and a variety of other factors. In general, you should have these things whether in a rucksack (larger and more varied than your bug out bag), vehicle, safe house or bunker, or in your home if you plan to stay.

WATER:

1 gallon per person/per day (2 quarts drinking, 2 quarts cooking/cleaning) for 30 days

FOOD:

At minimum, you should have a 72-hour supply of food in your bug out bag. But for extended stays, a 30-day supply of stored food goods should be stored that will provide at least 2,000 calories a day for each family member. Everything should be canned, boxed, non-perishable, or dehydrated.



When stockpiling, be sure only to include things you are accustomed to

eating already, nothing exotic or abnormal. Also be sure to keep track of expiration dates and rotate foodstuff accordingly. Among the best things to store are:

- ☐ White/brown rice
- ☐ Dried beans (like pinto)
- ☐ White sugar
- ☐ Iodized salt
- ☐ Powdered milk
- ☐ Oats
- ☐ White/wheat flour
- ☐ Cornmeal
- ☐ Canned fruits and vegetables
- ☐ Canned meats and fish (including tuna and spam)
- ☐ Dried fruits
- ☐ Peanut butter
- ☐ Powdered drink mix (Tang has 100% daily value of Vitamin C)
- ☐ Power bars
- ☐ MRE (Meals Ready to Eat)
- ☐ Coffee/tea
- ☐ Salt/Pepper/other spices
- ☐ Beef jerky
- ☐ Hard cheese (wax coated)
- ☐ Protein powder
- ☐ Honey
- ☐ Canned gravy
- ☐ Alcohol (vodka, rum)
- ☐ Baking powder/soda
- ☐ Means of gathering more food (fishing kit, bow and arrow, firearm, snares)

COOKING METHODS:

You should have multiple means of lighting a fire for cooking but also have one or more backup cooking methods, which you should alternate between on a per-meal or daily basis.

- ☐ Waterproof matches
- ☐ Fire starter tool
- ☐ Flint and steel
- ☐ Tinder (cotton ball, lint, etc.)
- ☐ Steel wool
- ☐ Kelly Kettle/Trangia/Jet Boil stove
- ☐ Homemade soda can stove
- ☐ Fire-resistant cookware (pot, pan, kettle)
- ☐ Grate/Hook/Stand for cooking over fire

CLOTHING:

- ☐ 3 changes of outerwear clothing (rugged pants, shirts)
- ☐ 2 changes of comfortable/sleep clothing
- ☐ 1 pair long underwear
- ☐ 7 changes of socks and underwear (1 per day)
- ☐ 1 heavy-duty all-weather jacket
- ☐ 1 pair waterproof boots
- ☐ 1 pair backup shoes
- ☐ Gloves (weatherproof)
- ☐ Hat
- ☐ Scarf
- ☐ Extra shoelaces

ENERGY:

- ☐ Dry firewood
- ☐ Propane tanks
- ☐ Rechargeable batteries
- ☐ Generator and fuel for at least 2 weeks
- ☐ Extension cords
- ☐ Coleman fuel (for cooking and other uses)
- ☐ Extra flashlight batteries and bulbs
- ☐ Rechargeable/Solar powered lamps/lanterns

COMMUNICATION:

- ☐ Cell phone (with alternate charger and spare battery)
- ☐ Satellite phone
- ☐ Calling card (long distance)
- ☐ Walkie-talkie (and extra batteries)
- ☐ Shortwave radio
- ☐ Laptop computer with Internet access
- ☐ Battery operated AM/FM radio
- ☐ Contact information of family, friends, coworkers, and survival network members
- ☐ USB drive with important data

DEFENSE/SECURITY:

- ☐ Home security system
- ☐ Camera monitoring system

- ☐ Secure perimeter (fence, trench, moat, etc.)
- ☐ Motion sensor floodlights
- ☐ Firearms (assorted, one for each family member)
- ☐ Holster/Slings/Cases for firearms
- ☐ Box of ammo for each firearm (250-500 rounds)
- ☐ Alternative weapon (bow and arrow/crossbow)
- ☐ Spare magazines and clips for each firearm
- ☐ Gun cleaning kit
- ☐ Smoke and Carbon Monoxide detectors
- ☐ Fire extinguisher

PERSONAL HYGIENE/MEDICAL:

- ☐ Sun block
- ☐ Insect repellent
- ☐ Toilet paper (in waterproof bag)
- ☐ Toothbrush/Toothpaste
- ☐ Soap
- ☐ Dental floss
- ☐ Razor
- ☐ Moisturizing lotion
- ☐ Baby wipes
- ☐ Nail clippers
- ☐ Small scissors
- ☐ Supply of prescription medication
- ☐ Multi-vitamins
- ☐ Pain relievers/antacids/anti-inflammatory
- ☐ Allergy medication

- ☐ Muscle relaxers
- ☐ Instant heat/ice packs
- ☐ Women's hygiene items
- ☐ Tweezers
- ☐ Quick-dry towels
- ☐ Suture kit
- ☐ Gauze
- ☐ Bandages
- ☐ Antibacterial ointment
- ☐ Hydrogen peroxide
- ☐ Knowledge of CPR

DOCUMENTS:

- ☐ Copy of license/passport
- ☐ Insurance information
- ☐ Financial Statements
- ☐ Credit cards/numbers
- ☐ Social Security information
- ☐ Car title/insurance/registration
- ☐ Money in form of cash
- ☐ Silver/Gold currency

MISCELLANEOUS:

- ☐ Can opener
- ☐ Saw/hatchet/machete
- ☐ Aluminum foil
- ☐ Candles
- ☐ Cards/dice/board game
- ☐ Siphon or pump
- ☐ Chocolate
- ☐ Vinegar
- ☐ Condoms
- ☐ Assorted nails/screws

- ☐ Book
- ☐ GPS device
- ☐ Wire
- ☐ Fuses
- ☐ Travel hammock
- ☐ Trekking poles

- ☐ Baby considerations
- ☐ Pet considerations

If you never know when, where, and what kind of disaster is going to occur, you can never be fully prepared to face it.

You should never wait until moments before or immediately after an emergency to prepare a checklist, you should always have the essential survival items on hand and ready before a disaster strikes.

Stockpiling will only get you so far, as you never know how long problems will last and how long your position will be safe. You need to learn the skills, know the areas, and have the tools to sustain yourself on the move.

This shouldn't be considered a survival shopping list, firstly because many things can be found around the home already, and proper preparation dictates rotating things properly and ensuring you have the space and conditions to store certain things.

The things on this list are essential survival items but by no means is this an exhaustive compilation of things that will ensure your survival. The rest is left up to you, your time, income, determination and will to survive.

God bless,

Matt Stevens