

Basic Survival Guide and Prepper Checklist to Survive Any Emergency



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Learn how to Survive any Disaster and a Complete
Checklist to be prepared for anything.

PREPPERS CHECKLIST

This Preppers Checklist is a list of functions, or capabilities that you need to provide for in each of the survival categories, especially if you're a beginner at prepping. Unlike other preppers checklists, this checklist isn't a shopping list of items that you need to get or put into a kit. It does something much more important for your family's survival.

Instead, it helps identify which functions you WILL need to make sure that you can perform within a category. Another way of stating it is that the checklist will tell you WHAT you need to accomplish, but not HOW you need to accomplish it.

This method is the one that I use allows for individual needs while still accomplishing common goals.

The list is broken up into general categories to help keep things organized and each Category is broken up into several sub- sections, allowing for Minimum and Extended Capabilities.

The Minimum Capability is the minimum amount of preparedness that you should strive to accomplish as fast as possible. It's the basic set of functions that a person starting out should strive to achieve as soon as possible. The Extended Capability allows for surviving longer durations and/or increases the

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capacity of that group.

Alternate Energy

Minimum Capabilities:

Ability to recharge NiMH or NiCd batteries from an indefinite power source , in the sizes you use (AAA, AA, C, D, 9V) Generator, with enough capacity to power critical needs for 14+ days (like freezer, refrigerator, needed electronics, etc.) (short term solution)

Store of fuel to power generator for 14+ days

Put Uninterruptible Power Supplies on all computers and other sensitive critical electronic equipment

Spare extension

cords battery

maintenance

items

Extended Capabilities:

Solar-power, or other renewable/long-term power, setup capable of running all mission critical devices for indefinite period, working eventually to powering entire household

Make ice on indefinite basis

Spare parts for Alternate Energy generations, (fuses, wire, connectors, inverter parts, etc.)

Clothing

Minimum Capabilities:

Three complete changes of rugged clothes for all members
Three complete changes of sleep clothes for all members
Seven changes of underclothes for each member

One pair of rugged, waterproof boots for each member

One pair of comfortable shoes (sneakers, sandals, etc.) for each member

Outer gear (boots, gloves, mittens, scarves, hats, etc) for all climates (cold weather, rain, etc

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□ Spare shoe & boot laces

□ Extended Capabilities:

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Seven sets of rugged clothes for each member

Fourteen changes of underclothes for each member

Spare boots (rugged and

waterproof) Spare

comfort shoes

Ability to make/repair clothes

Ability to make/repair boots and shoes

Quantity of various materials for repairs and creation of clothing

Second (spare) set of outer gear for all climates

Communications and Computing

□ Minimum Capabilities:

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Tactical Communications (0 – 5 miles), generally a handi-talkie (FRS, GMRS, Ham, CB, etc.), transmit and receive, with extra batteries (see also alternate energy)

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Shortwave radio with SSB capability, for general listening of world events

Basic computer to access the Internet and review files (.doc. .pdf. .html.

etc.) {it should be obvious that an Internet connection goes along with this}

AM/FM radio, battery operated (TV sound optional, but might be worthwhile if you are

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close to a TV broadcast tower that
can run on emergency power)

- Plans and equipment for making expedient antennas

(see Information and Plans)

Radio and computer manuals and backup discs (see Information and Plans)

- If you have a cell phone, have a 12VDC charging cord for it, and a spare battery for it
-
- Pocket list of contact numbers for family, friends, team members
-
- (see also Information and Plans) Long distance phone calling
-
- card that doesn't expire
-

Pocket list of frequencies (see also Information and Plans)

USB drive containing pocket computer system (OS,
files, programs, PGP, etc.) USB drive containing
your data files

Door Intercom for communicating with people outside your door, while staying safe
inside

- Extended Capabilities:

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Short-distance Communications (up to 50 miles) (generally, a mobile ham
VHF/UHF radio and a vehicle or yagi antenna), transmit and receive

- Packet radio for short-distance digital communications (can be particularly useful for
-
- local Groups/Teams/Family Units)
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Long-distance communications (greater than 50 miles), generally ham HF, transmit and
receive

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Ham Radio Email, like Wavemail or Winlink/Netlink over
HF and possibly VHF (Packet) Satellite phone

□ Notes:
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The plans for expedient antennas is for reference. You should practice building these
antennas.

Defense (Safety and Security)

Minimum Capabilities:

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- Security system that monitors home inside perimeter
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- Monitoring system so that you know when someone has breeched key areas of your property
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- Outside floodlights on motion sensors covering the outside perimeter of home and any other key areas on property

Put out small fires (a fire extinguisher for kitchen, garage and every level of the home)

Basic defensive firearms so that every able person can defend the home, with adequate ammunition supply

Every handgun has a holster, every rifle and shotgun has a sling; cases for all firearms

500 rounds for every firearm that is in working condition (defensive ammunition)

500 rounds of training ammo for each firearm

Three magazines or 30 clips for every firearm that uses one (yes, there's a difference between clips and magazines) Cleaning gear for all firearms

Smoke & carbon monoxide detectors on all floors

Extended Capabilities:

-
- Camera surveillance around home, complete 360 degrees
-
- Motion and seismic sensors monitoring perimeter and other key areas of property
-
- External fire suppression system
-
- Spare parts for every firearm, along with the knowledge to repair it
-
- Spare magazines and clips for every firearm that uses them (10
-

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magazines and 300 clips, at your discretion) Spare cleaning gear for all firearms

1000 rounds for every firearm (defensive ammunition)

1000 training rounds for each firearm

Reloading equipment and supplies for each of your main calibers

5000 rounds for your main battle rifle

.22 LR training rifle and 10,000 rounds of good quality .22 LR ammunition

Add laminate to exterior windows (resists

break-ins, etc.) Hardened Saferoom, from

physical assaults (weather, crime, etc.)

Night Vision (mono- or binocular)

□ Notes:

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You can't have too many fire extinguishers. You need to be able to put out a fire quickly, especially if there is no fire department available.

Yes, it seems like a lot of ammunition, but every year our freedoms erode a little bit more. Better to have it and not need □ it, than to need it and not have it (that pretty much goes for everything on this CC list).

Economic

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Minimum Capabilities:

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- Pay one month of bills with cash on hand
- Supply of hard currency (silver, gold, etc.)

Extended Capabilities:

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- Pay three months or more of bills from cash on hand; increase to 6 months when possible
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Supply of barter goods

Ability to capitalize on opportunities (like, group buys or cheap land after a crisis/pandemic)

Know the silver content of junk silver and the gold content of various coins and how to convert that into current market value

Know how to calculate and determine specific gravity for various metals (how to spot fake silver and gold)

Notes:

Hard currency amounts at your discretion. Though in general, use gold to store larger amounts of wealth and silver for smaller amounts. Silver is also better in a barter environment.

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First-Aid & Medical

Minimum Capabilities: Need to perform the following for a 30-day period

Preventative

Block Sun UV rays

Repel (keep away) insects

Blister pre-treatment

Protect care-giver from infection while treating others

Take CPR and other First-Aid courses

Maintain good dental hygiene practices

Immediate Response

CPR

Clear the airway / Start the breathing

Stop bleeding

Soothe burns

Treat bite and stings

Remove splinters,

stingers, etc.

Remove venom

Diagnose

Patient assessment:

Primary (ABC – Airway,

Breathing, Circulation)

Secondary, Head-to-Toe

survey

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Determine body temperature

Determine blood pressure

Determine heart rate

Recognize signs and

symptoms Treat and

Protect Wounds

Disinfect minor

wounds

Wound irrigation and/or cleansing

Splinting and limb immobilization

Dress and bandage wounds

Debride wounds

Close

lacerations

Temporary

dental fillings

Ongoing Care

Relieve pain

Reduce swelling

Reduce fever

Relieve allergy symptoms

Stave off infection

(antibiotics) Blister

treatment

Shock

prevention

Dehydration

prevention

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Muscle relaxer

Miscellaneous

Ice & heat packs

30 days of life saving prescription medications

30 days of OTC and "maintenance" medications

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List of patient info for each person on their person & in BOB

-
-
- Extended Capabilities: Need to perform the above for at least 90 days, plus the following additional capabilities: IV supplies to start one IV per person covered (including extras for missed sticks). 3 liters of solution per person Knowledge of blood types of all persons covered. Transfusion* compatibility planned. Transfusion capability for one transfusion for each three people covered

Dental care

- Additional 90 days of life-saving prescription medications
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- Additional 90 days of non-critical and "maintenance" medications
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- Take Advanced First Aid Courses, and yearly re-qualifiers
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Notes:

Warning on transfusions: you can kill people easily if you do this wrong. DO NOT perform any medical treatment that you are not trained for.

Food & Cooking

- Minimum Capabilities:
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- Stored food for 30 days (minimum, work up to 90+ days) of food you eat everyday (store what you eat, eat what you store) Portable capability for
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- minimum-prepared foods for 14 days (for traveling, short-term missions, etc.)
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Gather more food: hunt, fish, trap/snare, gather wild plants

Dress and prepare gathered food

Keep perishable food cold using alternative energy methods for 30 days (see Alternative Energy) Disposable flatware for 30 days

Open cans and other packaging

Cook food 3 times a day with alternate methods for 30 days (minimum, work up to 90 days) Have cookware that can be used over an open fire (pots, pans, kettles, etc.)

Durable cooking utensils (including pots, pans, etc.)

Equipment to cook over fire pit (grates, tripods, hooks, etc.) Recipes for making

a variety of dishes from the food you

store Spices to make food more

palatable, enjoyable, varied

Extended Capabilities:

One year's worth of food, in any combination of everyday, minimum-prepared, and long-term storage foods, with the experience and equipment to prepare it

Portable capability for minimum-prepared foods for 30 days or more (for traveling)

Grow food and harvest the seeds for the next planting

Grow and tend livestock

Preserve food on indefinite basis (canning, smoking, jerking, etc)

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Keep perishable food cold using alternative energy methods for indefinite basis

Cook food 3 times a day with alternate methods for 1 year or more

Disposable flatware for 90 days (if continuous supply of water not obtained) Compost pile (see Sanitation)

□ Notes:

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Minimum-prepared foods are those that require little or no cooking before eating.

Flatware means plates, bowls, cups, spoons, forks, knives, napkins, etc. The idea of disposable flatware is to reduce consumption of water and is typically for shorter-term events. Those with extended capabilities for alternate energy and water will have less use for disposable flatware.

Oils: make sure you have enough oil, lard, etc. on hand to cover the increase in pan-cooking.

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