

The Survival Mom

The Everyday Emergency Kit

Think in terms of these five categories as you pack your customized kit: sanitation, sustenance, survival, security and sanity. First, assemble your supplies and then decide which type and size container will be best for your purposes. Backpacks, plastic bins, 5-gallon buckets, duffel bags, and suitcases on wheels are all good choices, and in fact, if you're packing more than one kit, use different types of containers so they can double as emergency toilets, wash basins, etc. in a crisis.

Sanitation

Toilet paper	bar of soap	hand sanitizer	Ziploc bags	a change of clothes/person
Feminine hygiene	baby wipes	Toothbrush/toothpaste		small container of bleach

Sustenance (Remember to periodically check food for insects, spoilage, and leaks.)

Pack foods that can withstand both hot and cold temperatures and do not need to be cooked. If packing canned foods, be aware of the weight and also pack a can opener! Here are some examples.

Energy bars	nuts	V-8 juice	Gatorade mix	peanut butter	jerky	dried fruit
Fruit leather	canned pasta	fruit cups	hard candies	crackers		sunflower seeds
Tuna packs	MREs	sunflower seeds	candy bars	gum		freeze-dried food

Be sure to pack plastic utensils and camp-style cups and plates.

Survival

Water	First Aid kit	signal mirror	whistle	paracord	duct tape
Flashlight	headlamp	extra batteries	fire starters	rain poncho	multi-tool
Pocket knife	extra shoes	tarp	maps of area	compass	matches
emergency radio	antihistamine	water filter	machete	fishing kit	
pain medication	work gloves	canteen		Vaseline infused cotton balls in a Ziploc*	
hat with a brim	bandana(s)	hand/foot warmers	heavy duty trash bags		

Security

Firearm loaded magazines extra ammunition Bear spray pepper spray cash
Emergency phone numbers cell phone charger

Sanity or... Got kids?

Coloring book colored pencils foam ear plugs deck of cards books on CD
A Bible Notebook Sharpie marker iPod Enercell battery charger

*An effective and inexpensive tinder for starting a fire.