Survival Gear Infographic

TO BE PREPARED WHEREVER YOU ARE, HAVE A KIT AT HOME, AT SCHOOL, IN YOUR CAR AND AT WORK

These Essential Items Should Be In Every Kit



FOOD

- A minimum of 3 days of non-perishable food for each person.
- Check expiration dates for food in your kit annually.
- An alternative is using food bars and freeze dried food specifically formulated for emergency purposes, since it has a 5 to 25 year shelf life.
- Baby food and formula, or pet food if needed.



Water

- One gallon of water per person per day for a minimum of 3 days, for drinking, cooking and sanitation.
- If using bottled water, replace it at least once a year.
- An alternative is using water specifically packaged for emergency purposes since it has a long shelf life, from 5 to 50 years.



Lighting and Communication

- Battery-powered, solar-powered or hand crank radio and a flashlight. If battery-powered, include extra batteries.
- Combination radio/flashlight/cell phone chargers with a siren are newer types of products that rely on hand cranking or solar power, so no batteries are needed.
- Light sticks and lanterns.
- Candles and waterproof matches.
- Whistle to signal for help.



FIRST AID

- Hydrogen peroxide to wash and disinfect wounds
- Antibiotic ointment
- Alcohol and antiseptic wipes
- Aspirin and non-aspirin tablets
- Prescriptions & any long-term medications (keep these current)
- Glucose if you have diabetes
- Diarrhea medicine
- Eye drops
- Bandage strips
- Elastic bandages
- Rolled gauze
- Sterile gauze pads
- Cotton-tipped swabs
- Adhesive tape roll
- Splints and triangular bandages
- Burn gel
- CPR masks
- Scissors
- Tweezers
- Thermometer
- Instant cold packs for sprains
- Sting relief pads



SURVIVAL GEAR

- Water and gas shut-off wrench
- Multi-function knife
- Heavy duty gloves
- Dust masks
- Plastic sheeting
- Duct tape
- Rope for towing or rescue
- Shovel and ax
- Manual can opener
- Portable stove and fuel



Shelter & Warmth

- Tent since your home or office many not be safe to re-enter
- Sleeping bag and thermal blankets for each person
- Rain Poncho for each person
- Hand and body warmers
- Vinyl tarps for ground cover

Source: https://matadornetwork.com