

## BASIC SURVIVAL CHECKLISTS FOR GENERAL DISASTERS/EMERGENCIES

### 1. ESSENTIALS CHECKLIST (APPLIES TO ALL DISASTERS)

- ☐ Water: At least 1 gallon per person per day (3-day minimum)
- ☐ Food: Non-perishable, easy-to-prepare items (3-day supply)
- ☐ First Aid Kit: Bandages, antiseptic, medications, pain relievers
- ☐ Flashlight & Extra Batteries
- ☐ Multi-Tool or Swiss Army Knife
- ☐ Emergency Whistle
- ☐ Local Maps & Compass
- ☐ Cell Phone & Charger (Solar/Hand-Crank Preferred)
- ☐ Cash (Small Bills) & Important Documents (ID, Insurance, etc.)
- ☐ Extra Clothing, Sturdy Shoes, and Rain Gear
- ☐ Blankets/Sleeping Bags

### 2. NATURAL DISASTER SURVIVAL CHECKLISTS

#### A. EARTHQUAKE

- ☐ Drop, Cover, and Hold On! Practice emergency drills.
- ☐ Secure Heavy Items (Bookshelves, TVs, Water Heaters, etc.)
- ☐ Emergency Exit Plan & Meet-Up Location Established
- ☐ Shoes, Gloves, & Dust Mask (For Post-Earthquake Hazards)
- ☐ Fire Extinguisher

#### B. HURRICANE/TYPHOON

- ☐ Board Up Windows or Use Storm Shutters
- ☐ Fill Bathtub & Containers with Water (For Sanitation)
- ☐ Evacuation Route & Shelter Plan Ready
- ☐ Battery-Powered Radio for Updates
- ☐ Secure Outdoor Items (Patio Furniture, Tools, etc.)

#### C. TORNADO

- ☐ Identify Safe Room or Storm Shelter (Basement, Interior Room)
- ☐ Heavy Blankets or Mattress for Cover
- ☐ NO Windows in Shelter Area
- ☐ Listen for Alerts on NOAA Weather Radio

#### D. FLOOD

- ☐ Move Valuables to Higher Ground
- ☐ Turn Off Electricity if Safe to Do So
- ☐ Avoid Walking/Driving Through Floodwaters
- ☐ Emergency Inflatable Raft or Life Jackets (If in Flood-Prone Area)

#### E. WILDFIRE

- ☐ Create a Defensible Space Around Home (Clear Brush/Debris)
- ☐ N95 Masks to Filter Smoke
- ☐ Fireproof Safe for Important Documents
- ☐ Keep Car Fueled & Emergency Bag Ready for Quick Evacuation

### 3. MAN-MADE DISASTER SURVIVAL CHECKLISTS

#### A. POWER OUTAGE

- ☐ Backup Power Source (Generator, Power Bank, Solar Charger)
- ☐ Non-Electric Cooking Options (Camping Stove, Sterno)
- ☐ Hand-Crank or Battery-Powered Radio & Lights
- ☐ Extra Blankets & Cold Weather Gear (For Winter Blackouts)

#### B. PANDEMIC/OUTBREAK

- ☐ Face Masks & Sanitizers
- ☐ At Least a 2-Week Supply of Prescription Medications
- ☐ Disinfecting Wipes & Cleaning Supplies
- ☐ Work-from-Home or Alternative Income Plan

#### C. ECONOMIC COLLAPSE

- ☐ Emergency Cash & Barterable Items (Silver, Food, Tools, etc.)
- ☐ Long-Term Food Storage & Seeds for Growing Food
- ☐ Self-Defense Plan & Security Measures

#### D. CIVIL UNREST/RIOTS

- ☐ Stay Indoors & Avoid Crowds
- ☐ Secure Doors & Windows
- ☐ Have Alternate Escape Routes Planned
- ☐ Defensive Items for Protection

#### 4. EVACUATION "GO-BAG" CHECKLIST

- ☐ 72-Hour Food & Water Supply
- ☐ First Aid Kit & Medications
- ☐ ID Copies & Emergency Contacts
- ☐ Flashlight & Batteries
- ☐ Multi-Tool & Fire-Starting Supplies
- ☐ Extra Cash in Small Bills
- ☐ Emergency Blanket & Poncho
- ☐ Hand-Crank Radio
- ☐ Duct Tape & Paracord

### SURVIVAL CHECKLISTS FOR NATURAL DISASTERS/EMERGENCIES

#### 1. GENERAL EMERGENCY SURVIVAL CHECKLIST

- ☐ Water: At least 1 gallon per person per day (3-7 days)
- ☐ Non-Perishable Food: 3-7 days' worth (canned goods, energy bars, dry foods)
- ☐ First Aid Kit: Bandages, antiseptics, medications, pain relievers
- ☐ Flashlight & Extra Batteries
- ☐ Multi-Tool or Swiss Army Knife
- ☐ Emergency Whistle
- ☐ Cell Phone & Solar/Hand-Crank Charger
- ☐ Battery-Powered or Hand-Crank Radio (NOAA Weather Radio Recommended)
- ☐ Cash (Small Bills) & Important Documents (ID, Insurance, etc.)
- ☐ Extra Clothing, Sturdy Shoes, and Rain Gear
- ☐ Blankets/Sleeping Bags & Hand Warmers

## 2. SPECIFIC NATURAL DISASTER CHECKLISTS

### A. EARTHQUAKE SURVIVAL CHECKLIST

- ☐ Practice "Drop, Cover, and Hold On" Drills
- ☐ Secure Heavy Furniture, Appliances, & Water Heater
- ☐ Emergency Exit Plan & Designated Meeting Points
- ☐ Fire Extinguisher Available
- ☐ Keep Shoes, Gloves & Dust Mask Near Bed (For Post-Quake Hazards)
- ☐ Gas Shutoff Tool (To Turn Off Gas in Case of Leaks)

### B. HURRICANE/TYPHOON SURVIVAL CHECKLIST

- ☐ Evacuation Plan & Identified Shelters
- ☐ Board Up Windows or Install Storm Shutters
- ☐ Fill Bathtub & Containers with Water (For Sanitation & Drinking)
- ☐ Battery-Powered Radio for Weather Updates
- ☐ Secure Outdoor Items (Patio Furniture, Tools, etc.)
- ☐ Keep Important Documents in Waterproof Container

### C. TORNADO SURVIVAL CHECKLIST

- ☐ Identify Safe Room or Storm Shelter (Basement, Interior Room Without Windows)
- ☐ Heavy Blankets or Mattress for Cover
- ☐ NO Windows in Shelter Area
- ☐ Battery-Powered Radio for Tornado Warnings
- ☐ Helmet or Head Protection for Flying Debris

### D. FLOOD SURVIVAL CHECKLIST

- ☐ Know Evacuation Routes & Higher Ground Locations
- ☐ Move Valuables to Upper Floors or Higher Ground
- ☐ Turn Off Electricity Before Floodwaters Reach Your Home
- ☐ Avoid Walking/Driving Through Floodwaters (6 inches can knock you over, 12 inches can carry away a vehicle)
- ☐ Emergency Inflatable Raft or Life Jackets (If in a Flood-Prone Area)

### E. WILDFIRE SURVIVAL CHECKLIST

- ☐ Create Defensible Space Around Home (Clear Dry Brush & Debris)
- ☐ N95 Masks to Filter Smoke
- ☐ Keep Car Fueled & Emergency Bag Ready for Quick Evacuation
- ☐ Fireproof Safe for Important Documents
- ☐ Sprinklers & Fire Extinguishers Ready
- ☐ Wear Fire-Resistant Clothing (Long Sleeves, Heavy Boots, Gloves)

### F. BLIZZARD/WINTER STORM SURVIVAL CHECKLIST

- ☐ Stockpile at Least 3-7 Days of Food & Water
- ☐ Backup Heat Source (Wood Stove, Generator, Extra Blankets, Hand Warmers)
- ☐ Winter Clothing (Insulated Boots, Gloves, Hats, Thermal Wear)
- ☐ Avoid Driving; If Stranded, Stay in Car & Keep Warm
- ☐ Salt or Sand for Ice Prevention on Walkways

### G. TSUNAMI SURVIVAL CHECKLIST

- ☐ Know Evacuation Routes to Higher Ground (At Least 100 Feet Above Sea Level)
- ☐ Battery-Powered Radio for Alerts

- ☐ Do Not Return Until Officials Declare Safe
- ☐ Practice Immediate Evacuation – Every Second Counts!

#### H. LANDSLIDE/MUDSLIDE SURVIVAL CHECKLIST

- ☐ Monitor Heavy Rainfall Warnings in Hilly Areas
- ☐ Know Evacuation Routes & High Ground Safety Points
- ☐ Avoid Slopes & Valleys During Heavy Rain
- ☐ Listen for Unusual Noises (Cracking Trees, Rushing Water, or Shifting Ground)

#### I. EXTREME WEATHER SURVIVAL KIT

(For tornadoes, hurricanes, blizzards, heatwaves, etc.)

- ☐ Reinforced storm shelter or safe room supplies
- ☐ Extra fuel for generators & heating
- ☐ Ice packs or cooling devices (for extreme heat)
- ☐ Emergency whistles & signal flares
- ☐ Roof tarp & repair materials (for storm damage)
- ☐ Emergency car kit (chains, de-icer, tire inflator for winter)

#### 3. EVACUATION "GO-BAG" CHECKLIST

- ☐ 3 Days' Worth of Food & Water
- ☐ First Aid Kit & Medications
- ☐ ID Copies, Emergency Contacts, and Cash
- ☐ Flashlight, Extra Batteries, & Fire-Starting Supplies
- ☐ Multi-Tool & Duct Tape
- ☐ Emergency Blanket, Poncho & Sturdy Shoes
- ☐ Hand-Crank Radio for Alerts

### SURVIVAL CHECKLISTS FOR HUMAN-CAUSED DISASTERS/EMERGENCIES

#### 1. GENERAL EMERGENCY SURVIVAL CHECKLIST

- ☐ Water: At least 1 gallon per person per day (3-7 days)
- ☐ Non-Perishable Food: 3-7 days' worth (canned goods, energy bars, MREs)
- ☐ First Aid Kit: Bandages, antiseptics, medications, pain relievers
- ☐ Flashlight & Extra Batteries
- ☐ Multi-Tool or Swiss Army Knife
- ☐ Emergency Whistle
- ☐ Cell Phone & Solar/Hand-Crank Charger
- ☐ Battery-Powered or Hand-Crank Radio (NOAA Weather Radio Recommended)
- ☐ Cash (Small Bills) & Important Documents (ID, Insurance, etc.)
- ☐ Extra Clothing, Sturdy Shoes, and Rain Gear
- ☐ Blankets/Sleeping Bags & Hand Warmers

#### 2. SPECIFIC HUMAN-CAUSED DISASTER CHECKLISTS

##### A. POWER GRID FAILURE/BLACKOUT

- ☐ Backup Power Source (Generator, Solar Panels, Power Banks)
- ☐ Non-Electric Cooking Options (Camping Stove, Sterno, Charcoal Grill)
- ☐ Flashlights, Lanterns, and Candles with Lighters/Matches
- ☐ Extra Batteries for Essential Devices
- ☐ Manual Can Opener & Non-Perishable Foods

☐ Insulated Blankets & Cold Weather Gear (For Winter Blackouts)

**B. ECONOMIC COLLAPSE/SUPPLY CHAIN DISRUPTION**

- ☐ Emergency Cash Reserve & Barterable Goods (Silver, Tools, Food, etc.)
- ☐ Long-Term Food Storage (Rice, Beans, Flour, Freeze-Dried Meals)
- ☐ Basic Gardening & Seed Stockpile for Sustainable Food
- ☐ Self-Defense Plan & Security Measures
- ☐ Alternative Income Plan or Trade Skills

**C. CIVIL UNREST/RIOTS**

- ☐ Stay Indoors & Avoid Large Crowds
- ☐ Secure Doors & Windows (Reinforce Entry Points if Necessary)
- ☐ Have an Evacuation Plan & Alternate Routes Ready
- ☐ Defensive Items for Protection
- ☐ Portable Radio for Real-Time News Updates
- ☐ Keep Vehicle Fueled & Ready for Quick Departure

**D. NUCLEAR ATTACK/RADIATION EXPOSURE**

- ☐ Know Nearest Fallout Shelter Locations
- ☐ Stay Indoors & Seal Windows/Doors with Plastic & Duct Tape
- ☐ Potassium Iodide Tablets (To Reduce Radiation Absorption)
- ☐ Battery-Powered Geiger Counter (For Radiation Monitoring)
- ☐ Stockpile Food & Water for At Least 2 Weeks
- ☐ Wear Protective Clothing (Gloves, Long Sleeves, Goggles, N95 Masks)

**E. CHEMICAL/BIOLOGICAL ATTACK**

- ☐ Gas Masks with N95 or P100 Filters
- ☐ Duct Tape & Plastic Sheeting to Seal Shelter
- ☐ Change Clothes & Wash Immediately After Exposure
- ☐ Stockpile Bottled Water & Sealed Non-Perishable Foods
- ☐ Know Evacuation Routes & Safe Zones
- ☐ Battery-Powered Radio for Emergency Alerts

**F. TERRORIST ATTACK/ACTIVE SHOOTER SITUATION**

- ☐ Know "Run, Hide, Fight" Protocol
- ☐ Identify Nearest Exits & Secure Hiding Places
- ☐ Avoid Large Public Gatherings When Threats Are High
- ☐ Carry a Small First Aid Kit for Trauma Care (Tourniquets, Bandages, etc.)
- ☐ Stay Low, Silent, & Follow Authorities' Instructions

**G. TRANSPORTATION DISASTER (PLANE, TRAIN, VEHICLE ACCIDENT)**

- ☐ Always Wear a Seatbelt & Follow Safety Protocols
- ☐ Keep Emergency Kit in Car (First Aid, Water, Flashlight, Tools, Blanket)
- ☐ Know Nearest Exits on Public Transport & Airplanes
- ☐ Stay Calm & Assist Others When Safe to Do So

**H. PANDEMIC/INFECTIOUS DISEASE OUTBREAK**

- ☐ Face Masks (N95 or Higher) & Sanitizers
- ☐ At Least a 2-Week Supply of Prescription Medications
- ☐ Disinfecting Wipes & Cleaning Supplies

- ☐ Non-Perishable Food & Bottled Water for Extended Isolation
- ☐ Work-from-Home or Alternative Income Plan
- ☐ Avoid Crowded Areas & Follow Quarantine Guidelines

#### I. NUCLEAR OR RADIATION EMERGENCY CHECKLIST

(For nuclear fallout, power plant disasters, or radiation leaks)

- ☐ Potassium iodide tablets (to protect thyroid from radiation)
- ☐ Geiger counter (to detect radiation levels)
- ☐ Heavy-duty plastic sheeting & duct tape (for sealing windows/doors)
- ☐ N95 or P100 masks for respiratory protection
- ☐ Lead-lined or thick-walled shelter space
- ☐ Radiation decontamination wipes & soap
- ☐ Emergency escape plan with designated fallout shelter

#### J. EMP (ELECTROMAGNETIC PULSE) SURVIVAL CHECKLIST

(For prepping against power grid failure or cyberattack)

- ☐ Faraday cage or Faraday bags (to protect electronics)
- ☐ Backup power sources (solar charger, hand-crank generator)
- ☐ Analog navigation tools (maps, compass)
- ☐ Printed emergency contacts & survival guides
- ☐ Mechanical tools (hand-powered can opener, non-electric appliances)
- ☐ Ham radio or shortwave radio for communication

#### 3. EVACUATION "GO-BAG" CHECKLIST

- ☐ 3 Days' Worth of Food & Water
- ☐ First Aid Kit & Medications
- ☐ ID Copies, Emergency Contacts, and Cash
- ☐ Flashlight, Extra Batteries, & Fire-Starting Supplies
- ☐ Multi-Tool & Duct Tape
- ☐ Emergency Blanket, Poncho & Sturdy Shoes
- ☐ Hand-Crank Radio for Alerts
- ☐ Self-Defense Tool (As Legally Permitted)

#### GENERAL CAR/VEHICLE SURVIVAL CHECKLISTS

##### 1. BASIC VEHICLE SURVIVAL KIT (EVERYDAY ESSENTIALS)

- ☐ Water Bottles (At least 1 gallon per person)
- ☐ Non-Perishable Snacks (Granola bars, nuts, jerky)
- ☐ First Aid Kit (Bandages, antiseptic wipes, pain relievers)
- ☐ Multi-Tool or Swiss Army Knife
- ☐ Flashlight & Extra Batteries
- ☐ Jumper Cables or Portable Battery Pack
- ☐ Tire Repair Kit & Air Compressor
- ☐ Basic Tool Kit (Wrench, Pliers, Screwdrivers, Duct Tape, Zip Ties)
- ☐ Emergency Blanket & Poncho
- ☐ Fire Extinguisher (Small, Car-Safe Type)
- ☐ Phone Charger (Car Adapter & Power Bank)
- ☐ Local Maps (In Case GPS Fails)
- ☐ Cash (Small Bills & Coins for Tolls/Parking)
- ☐ Spare Key (Kept in a Safe Place Outside the Car)

## 2. COLD WEATHER/WINTER CAR SURVIVAL KIT

- ☐ Extra Warm Clothing (Gloves, Hat, Scarf, Thermal Socks)
- ☐ Insulated Blanket or Sleeping Bag
- ☐ Hand & Foot Warmers
- ☐ Ice Scraper & Snow Brush
- ☐ Small Shovel (For Digging Out of Snow)
- ☐ Sand, Cat Litter, or Traction Mats (For Tire Grip in Ice/Snow)
- ☐ Windshield Washer Fluid (Winter Formula)
- ☐ Antifreeze Check & Extra Coolant
- ☐ Candle & Metal Can (For Emergency Heat Source)

## 3. HOT WEATHER/SUMMER CAR SURVIVAL KIT

- ☐ Extra Water (More Than 1 Gallon Per Person)
- ☐ Electrolyte Packets or Sports Drinks
- ☐ Wide-Brim Hat & Sunglasses
- ☐ Sunscreen & Bug Spray
- ☐ Reflective Emergency Blanket (To Deflect Heat)
- ☐ Handheld Fan or Battery-Powered Fan
- ☐ Cooling Towels

## 4. BREAKDOWN/ROAD EMERGENCY KIT

- ☐ Reflective Vest & Roadside Flares or LED Warning Lights
- ☐ Spare Tire, Jack, and Lug Wrench
- ☐ Fix-a-Flat or Tire Sealant
- ☐ Tow Strap or Rope
- ☐ Gas Can (Empty, for Emergency Fuel Needs)
- ☐ Oil, Brake Fluid, and Coolant
- ☐ Emergency Contact Numbers Written Down (Towing, Insurance, Roadside Assistance)

## 5. LONG-TERM STRANDED SURVIVAL KIT

- ☐ 3-Day Supply of Food & Water
- ☐ Water Purification Tablets or LifeStraw
- ☐ Portable Cooking Stove & Fuel (If Traveling in Remote Areas)
- ☐ Compact Tent or Tarp for Shelter
- ☐ Emergency Signal Mirror & Whistle
- ☐ Notebook & Pencil (For Leaving Notes If Needed)

## 6. OFF-ROAD/OVERLANDING SURVIVAL KIT

- ☐ Winch or Tow Rope
- ☐ Full-Sized Shovel
- ☐ High-Lift Jack & Base Plate
- ☐ Extra Fuel & Oil
- ☐ GPS & Compass (Not Just a Phone-Based One)
- ☐ Satellite Phone or Personal Locator Beacon (PLB)
- ☐ Recovery Tracks (For Sand, Mud, or Snow)

## 7. FLOOD OR WATER CROSSING SURVIVAL KIT

- ☐ Glass Breaker & Seatbelt Cutter (Keep Within Reach!)
- ☐ Waterproof Bag for Documents & Electronics
- ☐ Snorkel or Raised Air Intake (For Off-Road Vehicles)

☐ Emergency Floatation Device (If in a Flood-Prone Area)

#### 8. EVACUATION OR "BUG-OUT VEHICLE" KIT

- ☐ Full Tank of Gas (Always Maintain At Least Half a Tank)
- ☐ Backup Fuel Containers (Properly Stored & Sealed)
- ☐ 72-Hour Emergency Food & Water Supply
- ☐ Sleeping Bags or Emergency Shelter
- ☐ Firearms or Self-Defense Tools (If Legally Permitted)
- ☐ Portable Solar Charger
- ☐ Extra Medication & Hygiene Supplies

#### SPECIAL SURVIVAL MEDICAL CHECKLISTS

##### 1. GENERAL SURVIVAL MEDICAL CHECKLIST (For Everyday Emergencies)

- ☐ Adhesive Bandages (Various Sizes)
- ☐ Sterile Gauze Pads & Medical Tape
- ☐ Antiseptic Wipes & Hydrogen Peroxide
- ☐ Tweezers & Scissors
- ☐ Instant Cold Packs
- ☐ Disposable Gloves (Nitrile or Latex-Free)
- ☐ Thermometer
- ☐ Elastic Bandages (For Sprains & Strains)
- ☐ Over-the-Counter Pain Relievers (Ibuprofen, Acetaminophen, Aspirin)
- ☐ Antihistamines (Benadryl, Claritin)
- ☐ Antibiotic Ointment (Neosporin or Equivalent)
- ☐ Burn Cream & Aloe Vera Gel
- ☐ Eye Wash & Eye Drops
- ☐ CPR Face Shield or Mask

##### 2. TRAUMA & ADVANCED FIRST AID CHECKLIST (For Severe Injuries & Emergencies)

- ☐ Tourniquets (Combat Application Tourniquet, CAT, or SOF-TT-W)
- ☐ Hemostatic Agents (QuikClot, Celox, or Hemostatic Gauze)
- ☐ Israeli Bandages or Emergency Pressure Dressings
- ☐ Chest Seals (For Sucking Chest Wounds)
- ☐ Nasal Airway (NPA) & Lubricant (For Airway Management)
- ☐ SAM Splint (For Fractures & Sprains)
- ☐ Suture Kit or Steri-Strips (For Wound Closure)
- ☐ Emergency Blanket (To Prevent Hypothermia)
- ☐ Scalpel & Sterile Blades
- ☐ Emergency Cravat or Triangle Bandages
- ☐ Medical Shears (Trauma Scissors)

##### 3. LONG-TERM SURVIVAL MEDICAL CHECKLIST (For Grid-Down & Off-Grid Survival)

- ☐ Prescription Medications (At Least 30-90 Days' Supply)
- ☐ Antibiotics (Amoxicillin, Ciprofloxacin, Doxycycline, etc.)
- ☐ Activated Charcoal (For Poisoning & Toxin Absorption)
- ☐ Electrolyte Powder or Oral Rehydration Salts
- ☐ Water Purification Tablets or LifeStraw
- ☐ Iodine or Betadine Solution (For Water & Wound Disinfection)



- [ ] Multivitamins & Nutritional Supplements
- [ ] Herbal Remedies (Ginger, Echinacea, Garlic, etc.)
- [ ] Emergency Dental Kit (Temporary Fillings, Dental Cement, Clove Oil for Pain)
- [ ] Superglue (Can Be Used for Small Wound Closure in Extreme Cases)
- [ ] Snake Bite Kit (If in Venomous Snake Areas)
- [ ] Sunblock & Lip Balm (For Skin Protection in Harsh Conditions)
- [ ] Tick Removal Tool & Insect Repellent
- [ ] Essential Oils (Tea Tree, Lavender, Eucalyptus for Healing & Insect Repellent)

#### 4. BIOLOGICAL/PANDEMIC SURVIVAL MEDICAL CHECKLIST

- [ ] N95 or P100 Masks (For Airborne Protection)
- [ ] Face Shields & Goggles
- [ ] Full-Body Protective Suits (Tyvek or Equivalent)
- [ ] Hand Sanitizer (60% Alcohol or Higher)
- [ ] Disinfectant Wipes & Sprays (Bleach-Based or Alcohol-Based)
- [ ] Thermometers (Digital & Mercury Backup)
- [ ] Pulse Oximeter (To Monitor Blood Oxygen Levels)
- [ ] Cough & Cold Medications (Expectorants, Decongestants, Fever Reducers)
- [ ] Quarantine Supplies (Plastic Sheeting, Duct Tape, Biohazard Bags)
- [ ] Stockpile of Prescribed Antivirals/Antibiotics (If Possible & Necessary)
- [ ] Hydration & Nutritional Support (Broths, Protein Powders, High-Calorie Foods)

#### 5. NATURAL DISASTER & EVACUATION MEDICAL CHECKLIST

- [ ] Quick-Grab First Aid Kit (Small, Portable, Lightweight)
- [ ] EpiPen (If Allergies Are Present)
- [ ] Inhalers (For Asthma or Respiratory Conditions)
- [ ] Motion Sickness Pills (For Evacuations on Water or Air)
- [ ] Extra Prescription Glasses/Contacts & Lens Solution
- [ ] Pet First Aid Kit (If You Have Animals)
- [ ] Hearing Aids & Batteries (If Needed)
- [ ] Emergency Medical Identification (Bracelet or Card with Medical History)
- [ ] Compact First Aid Guide or Wilderness Medicine Book

#### 6. CAR & VEHICLE MEDICAL EMERGENCY CHECKLIST

- [ ] First Aid Kit (Basic Wound Care & Trauma Items)
- [ ] CPR Mask
- [ ] Burn Dressing & Burn Gel
- [ ] Emergency Blanket
- [ ] Cold & Heat Packs
- [ ] Hydration Tablets or Bottled Water
- [ ] Non-Perishable Snacks (For Long Delays in Remote Areas)
- [ ] Basic Over-the-Counter Medications (Pain Relievers, Antacids, Antihistamines)
- [ ] Emergency Flashcards for First Aid Procedures

#### 7. URBAN SURVIVAL & CIVIL UNREST MEDICAL CHECKLIST

- [ ] Compact First Aid Kit with Trauma Essentials
- [ ] N95 Mask (For Smoke or Tear Gas Protection)
- [ ] Saline Solution (For Eye Flushing if Exposed to Tear Gas/Pepper Spray)
- [ ] Self-Defense Items (Pepper Spray, Tactical Flashlight, Personal Alarm)
- [ ] Emergency Whistle

- ☐ Blood-Clotting Agents & Tourniquet (For Gunshot or Knife Wounds)
- ☐ Gloves & Hand Sanitizer (To Prevent Infection in Unclean Conditions)
- ☐ Wound Irrigation Syringe (To Clean Contaminated Wounds)

#### 8. WILDERNESS & REMOTE AREA MEDICAL CHECKLIST

- ☐ Snake Bite Kit & Anti-Venom (If Available & Needed)
- ☐ Splints & Wraps (For Broken Bones & Sprains)
- ☐ Emergency Suture Kit (If Trained to Use)
- ☐ Bear Spray (If in Bear Country)
- ☐ Wilderness Medicine Guidebook
- ☐ Fishing Line & Needle (For Improvised Sutures or Repairs)
- ☐ Honey & Sugar Packets (For Wound Dressing & Energy Supply)
- ☐ Portable Water Filter (For Hydration & Wound Irrigation)
- ☐ Wilderness Antibiotics (As Prescribed by a Medical Professional)

#### 9. OFF-GRID & HOMESTEAD MEDICAL CHECKLIST

- ☐ Bulk Stockpile of Medical Supplies (Alcohol, Bandages, Sterile Dressings, Gloves)
- ☐ Manual Blood Pressure Cuff & Stethoscope
- ☐ IV Fluids & Tubing (If Trained to Administer)
- ☐ Medical-Grade Suture Kit & Lidocaine (For Pain Relief if Wound Closure is Needed)
- ☐ Herbal & Holistic Remedies for Long-Term Healing
- ☐ Stockpile of Veterinary Medications (Often Used for Emergency Human Treatment in Survival Situations)
- ☐ Training in Herbal Medicine & Basic Medical Procedures
- ☐ Self-Reliance Medical Books & References

#### BONUS: MEDICAL TRAINING & KNOWLEDGE CHECKLIST

- ☐ CPR & Basic Life Support (BLS) Certification
- ☐ First Aid & Wilderness First Responder Training
- ☐ Stop the Bleed Training (Hemorrhage Control & Tourniquet Use)
- ☐ Basic Suturing & Wound Care Training
- ☐ Emergency Childbirth Training (For Off-Grid or Disaster Scenarios)
- ☐ Chemical/Biological Warfare Exposure Response Training
- ☐ Mental Health First Aid Training (To Handle Psychological Trauma & Stress)

#### MISC. CHECKLISTS

##### ELDERLY & DISABLED SURVIVAL KIT CHECKLIST

(For individuals with special medical or mobility needs)

- ☐ Extra prescription medications (at least 30-90 days)
- ☐ Mobility aids (spare cane, walker, wheelchair battery backup)
- ☐ Hearing aids & extra batteries
- ☐ Emergency alert device (medical ID bracelet, GPS tracker)
- ☐ Special dietary foods & supplements
- ☐ Adaptive clothing & adult hygiene products
- ☐ Backup oxygen tanks & respiratory supplies
- ☐ Large-print emergency instructions

#### INFANT & CHILD EMERGENCY KIT CHECKLIST

(For families with babies and small children)

- ☐ Baby formula & bottled water (if not breastfeeding)
- ☐ Diapers, wipes & diaper rash cream
- ☐ Extra baby clothes & blankets
- ☐ Child-friendly medications (liquid pain reliever, electrolyte solution)
- ☐ Baby carrier or lightweight stroller
- ☐ Small comfort toys, books, & distractions
- ☐ Emergency ID bracelet with contact info

#### PET SURVIVAL KIT CHECKLIST

(For ensuring pet safety during disasters)

- ☐ Pet food & treats (at least 3-day supply)
- ☐ Collapsible water bowl & extra bottled water
- ☐ Leash, harness, and carrier/crate
- ☐ Medications & flea/tick prevention
- ☐ Copy of vaccination records & pet ID tags
- ☐ Emergency blanket for warmth
- ☐ Plastic bags for waste disposal
- ☐ Comfort items (small blanket, toy, or familiar item)

#### SHELTER-IN-PLACE CHECKLIST

(For surviving an extended stay at home during disasters)

- ☐ Extra food & water (2+ weeks supply)
- ☐ Generator or alternative heating source
- ☐ Blackout curtains or plastic sheeting for windows
- ☐ Self-defense tools & home security measures
- ☐ DIY sanitation solutions (buckets, portable toilet, bleach)
- ☐ Long-term entertainment & morale boosters (books, board games, puzzles)