

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

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



SURVIVAL GEAR

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



Shelter & Warmth

- Tent since your home or office may 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>