

## **Long Term Crisis Preparation List**

**Note: This list is extensive. Focus on the most important items and the things needed to make sure those things are always taken care of first, and fill in the rest as you go. Top 3: water, food, heat.**

### **Communication:**

HAM Radios for family and close friends, walkie talkies, solar/wind-up radio, whistle,

### **Tools:**

Shovels, rakes, grubbing hoes, axes(splitting & felling), wedges, sledge hammer, chains, ropes, two man log saw, one man log saw(reconditioning kit), chain saw & chaps, bow saw, potato fork, post hole digger, sharpening stones, bikes, never flat wheelbarrow tires, hand air pump, hand drill & bits, utility knife blades, nails/bolts/nuts, metal baseball bat, leatherman, extra pocket knife, machete, extra batteries for cordless tools, cordless circular saw & sawzall, tarps, manual push mower, crow bar, hammer, pliers, wrenches, sockets, screw drivers, wire cutters

### **Hunting/Fishing:**

Bow & arrows, hunting knife, guns/ammo, gun cleaning kit, fishing poles, line, hooks & lures, sleeping mats, sleeping bags, insect repellent, mosquito nets, emergency blankets, tent, backpack, compass, twig stove, local and national maps

### **Fire/Light/Heat:**

Flint & steel, matches, ferro rod, magnifying glass, wax candles, tinder (dryer lint, cattails), bic lighters, lanterns(oil & solar), lamp oil, wicks, flashlights, batteries, solar and wind-up flashlights, fire extinguishers, shake light, flares, if in country, ensure propane tank is full, large wood stove if in country, small wood stove if in city, fire wood,

### **Household:**

Toilet paper, camping toilet, moist towelettes, bar soap & shampoo, laundry soap, deodorant, tooth paste, shaving cream, razors, bleach, lard, lye, steel wool, roof tar, caulk, window plastic, extra screen, hand wheat grinder, hand oat roller, hand sauce maker, canning lids, regular & pressure canner, dutch oven and other cast iron pans, hand coffee grinder, syrup-taps-tube-buckets, duct tape, packing tape, paper, pens, pencils, paper clips, rubber bands, safety pins, scissors, garbage bags, ziplock bags, wax paper & saran wrap, windup clock, freeze dryer, smokehouse, greenhouse

### **Food:**

Salt, honey, pasta, peanut butter, coffee, tea, sugar, vinegar, extra spices, pectin, gluten, yeast, baking soda, baking powder, coconut oil, olive oil, other baking/canning essentials, candy, energy bars, trail mixes, wheat, oats, rice, potato flakes, quinoa, pasta, corn, canned meat, build smoke house, canned fruit & vegetables, freeze dried meat, fruit & vegetables, dressings & sauces, raisins, apricots, nuts

### **Gardening:**

Perennial vegetables and fruits: raspberries, strawberries, blueberries, grapes, cherry bushes, asparagus, rhubarb, kale, garlic, radicchio, horseradish, globe artichokes, lovage, watercress, bunching or Egyptian onions, day lilies, good king henry, groundnut, Jerusalem artichoke, ostrich fern, ramps or wild leeks, scarlet runner beans, sea kale, sorrel, rose hips, fig tree, swiss chard, nasturtiums, chives, Chinquapin, pawpaw, elderberries, sunflowers

Herb garden: sage, mint, rosemary, lemongrass, oregano, parsley, lambs ear, basil, thyme, coriander, savory, marjoram, fennel, dill, cilantro, colts foot, echinacea, golden seal

**Water/Power:**

Rain barrels under gutters, hand well pump(simplepump.com), kathydin & ceramic dome water filters, lifestraw filters and bottles, iodine 2%, water tablets, windmill, solar system(extra panels & batteries), small solar generator, gas generator, large tank of gas, car oil(other needed automotive fluids,) pre-1980 truck(extra electrical parts in faraday cage)

**Health/Medical:**

Elbuterol, nebulizer parts, GSE, olive leaf, vitamins/supplements, potassium iodide & Borax(nuclear fallout), pain killers, antibiotics, pepto bismal, lmodium(diarrhea), ipecac(to induce vomiting), Benadryl/Allergy meds, peroxide, colloidal silver & gel, golden seal, ALJ, fenugreek seed, shepherds purse, whiskey/brandy, wine, surgery tools & book on it, triple antibiotic ointment, prenatal vitamins, asthma-ii, isopropyl alcohol, floss, tooth brushes & paste, razors and shaving cream, plastic tooth picks, surgical gloves, hand powered medical devices such as pump nebulizer, feminine hygiene products, masks(surgical, dust, gas, etc.), band aids, ACE bandages, gauze, medical tape, handkerchiefs, snake bite kit, lotion, lip balm, 90 days worth of prescription meds, extra eye glasses,

**Clothes:**

Socks, underwear, jeans, shirts, boots, shoes, gloves, diapers & covers, snow clothes, work gloves, large washtub & washboard, rain gear, sunglasses, extra buttons,

**Entertainment:**

Books, games, puzzles, etc