



# THE EIGHT AREAS OF PREPAREDNESS CHECKLIST

Ensure that you pack at least one item for each of these eight vital areas. On the following checklist are our suggestions for items you may want to consider.

## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
- Pictures of Loved Ones, ID, Medical Records, Contact Lists, USB of Important Information
- Extra Garbage Bags
- City Map



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# THE EIGHT AREAS OF PREPAREDNESS CHECKLIST

Ensure that you pack at least one item for each of these eight vital areas. On the following checklist are our suggestions for items you may want to consider.

## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
- Pictures of Loved Ones, ID, Medical Records, Contact Lists, USB of Important Information
- Extra Garbage Bags
- City Map



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# THE EIGHT AREAS OF PREPAREDNESS CHECKLIST

Ensure that you pack at least one item for each of these eight vital areas. On the following checklist are our suggestions for items you may want to consider.

## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
- Pictures of Loved Ones, ID, Medical Records, Contact Lists, USB of Important Information
- Extra Garbage Bags
- City Map



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## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
- Pictures of Loved Ones, ID, Medical Records, Contact Lists, USB of Important Information
- Extra Garbage Bags
- City Map



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## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
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- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
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## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
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## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
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## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
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|---|--|
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| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
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## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
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## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

---

---

# OTHER THINGS TO CONSIDER

---

## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
- Pictures of Loved Ones, ID, Medical Records, Contact Lists, USB of Important Information
- Extra Garbage Bags
- City Map



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Victoria BC V8Z 1S3  
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# THE EIGHT AREAS OF PREPAREDNESS CHECKLIST

Ensure that you pack at least one item for each of these eight vital areas. On the following checklist are our suggestions for items you may want to consider.

## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

---

---

# OTHER THINGS TO CONSIDER

---

## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
- Pictures of Loved Ones, ID, Medical Records, Contact Lists, USB of Important Information
- Extra Garbage Bags
- City Map



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# THE EIGHT AREAS OF PREPAREDNESS CHECKLIST

Ensure that you pack at least one item for each of these eight vital areas. On the following checklist are our suggestions for items you may want to consider.

## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
- Pictures of Loved Ones, ID, Medical Records, Contact Lists, USB of Important Information
- Extra Garbage Bags
- City Map



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# THE EIGHT AREAS OF PREPAREDNESS CHECKLIST

Ensure that you pack at least one item for each of these eight vital areas. On the following checklist are our suggestions for items you may want to consider.

## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
- Pictures of Loved Ones, ID, Medical Records, Contact Lists, USB of Important Information
- Extra Garbage Bags
- City Map



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# THE EIGHT AREAS OF PREPAREDNESS CHECKLIST

Ensure that you pack at least one item for each of these eight vital areas. On the following checklist are our suggestions for items you may want to consider.

## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
- Pictures of Loved Ones, ID, Medical Records, Contact Lists, USB of Important Information
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- City Map



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# THE EIGHT AREAS OF PREPAREDNESS CHECKLIST

Ensure that you pack at least one item for each of these eight vital areas. On the following checklist are our suggestions for items you may want to consider.

## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

---

---

# OTHER THINGS TO CONSIDER

---

## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
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Ensure that you pack at least one item for each of these eight vital areas. On the following checklist are our suggestions for items you may want to consider.

## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
- Multi-Function Army Knife
- 4-in-1 Emergency Tool (Pick, Pry Bar, Tools for shutting off Gas and Water mains)
- SOL – Outdoor Survival Kit
- Pry Bar
- Safety Ladder

## OTHER KITS OFFERED BY TOTAL PREPARE

- Automobile Survival Kit
- Kits for Work and School
- Pet Emergency Kit

## OTHER ITEMS CARRIED BY TOTAL PREPARE

- Camp Heat
- Folding Stove
- Signal Whistle
- Paracord
- Survival Whistle
- Radiation Detectors

## PERSONAL ITEMS TO REMEMBER

- Manual Can Opener
- Cash
- Change of Clothes/Shoes
- Work Gloves
- Corded Phone
- Extra Toiletries
- Family Items (Prescription Meds, Baby Formula, Pet Food, Toys)
- Spare Eye Glasses
- Extra Toilet Paper
- Pen and Paper
- Extra Batteries
- Extra Keys to Your House and Car
- Rain Gear
- Goggles
- Duct Tape
- Dishes/Pots/Utensils
- Pictures of Loved Ones, ID, Medical Records, Contact Lists, USB of Important Information
- Extra Garbage Bags
- City Map



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# THE EIGHT AREAS OF PREPAREDNESS CHECKLIST

Ensure that you pack at least one item for each of these eight vital areas. On the following checklist are our suggestions for items you may want to consider.

## 1. WATER – 4 LITRES PER PERSON EACH DAY

- |   |  |
|---|--|
| <input type="checkbox"/> SuperTanker                  | <input type="checkbox"/> LifeStraw Water Filtration Products       |
| <input type="checkbox"/> Water Bricks                 | <input type="checkbox"/> Water Purifiers (aquatabs/aerobic oxygen) |
| <input type="checkbox"/> Blue Can Water (24cans/case) | <input type="checkbox"/> Water pouches                             |

## 2. FOOD – PRESERVED FOOD THAT WILL LAST

- |   |   |
|---|---|
| <input type="checkbox"/> MRE's - Meals Ready to Eat                               | <input type="checkbox"/> Legacy Essentials – Fruits, Vegetables, and Sides          |
| <input type="checkbox"/> Emergency Food Bars – SOS Millennium and/or Soldier Bars | <input type="checkbox"/> Freeze Dried Food by Legacy or Relief (25 year shelf life) |

## 3. LIGHT – DEVICES THAT CAN BE POWERED BY HAND CRANK OR SOLAR ENERGY

- |   |  |
|---|--|
| <input type="checkbox"/> Flashlights            | <input type="checkbox"/> Light Sticks                  |
| <input type="checkbox"/> Solar Powered Lanterns | <input type="checkbox"/> Long Lasting Survival Candles |

## 4. HEAT – FOR WARMTH AND COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Stove in a Can | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> Volcano Stove  | <input type="checkbox"/> Flint Striker      |
| <input type="checkbox"/> Hand-warmers   |   |

## 5. SHELTER/COMFORT – TO HELP KEEP WARM AND DRY

- |   |   |
|---|---|
| <input type="checkbox"/> Regular and HeatStore Blankets | <input type="checkbox"/> Waterproof Poncho      |
| <input type="checkbox"/> HeatStore Sleeping Bags        | <input type="checkbox"/> HeatStore Tent/Shelter |

## 6. COMMUNICATION – STAY IN TOUCH

- |  |   |
|--|---|
| <input type="checkbox"/> Cell Phone Charging station/cable | <input type="checkbox"/> Radios – Solar and Crank |
|--|---|

## 7. FIRST AID AND SAFETY – IN CASE OF INJURY

- |   |   |
|---|---|
| <input type="checkbox"/> First Aid Kit            | <input type="checkbox"/> Respirator Masks |
| <input type="checkbox"/> Infection Protection Kit |   |

## 8. SANITATION/HYGEINE – TOILET AND WASHING NEEDS

- |   |  |
|---|--|
| <input type="checkbox"/> Complete Toilet Set              | <input type="checkbox"/> Disposable Travel Toilet/ReStop                           |
| <input type="checkbox"/> Toilet Paper/Hand Sanitizer/Soap | <input type="checkbox"/> Toothbrush/Paste, Paper Towels, Feminine Hygiene Products |

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# OTHER THINGS TO CONSIDER

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## ADDITIONAL TOOLS

- Pocket Sierra Saw
- Folding Shovel
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