



Baseline Preparedness Goals

Water:

At least 1 Gal. per person, per day of clean water for everyone in your house for 2 weeks. A decent quality water filter, "Sawyer" makes several options that are affordable.

Food:

Shelf stable food items for everyone in your house for 2 weeks. Canned goods, MREs, freeze dried food, Etc. Note: Certain foods will take water to prepare. We must plan for this.

Security:

Handgun: Common caliber (9mm) 3 magazines, and a quality holster, and mag carrier. 250 rds. of quality ammo for your handgun. Plus some practice ammo for the range.

Rifle: Common caliber (5.56mm) 7 magazines, white light, and a sling. 500 rds. of quality ammo. Plus practice ammo and more magazines as funds allow. Get some training!

(Later on you will likely want a way to carry extra gear such as a chest rig and a pack.)

Medical:

Standard 1st aid kit is a minimum for every household. Beyond that we can look at Trauma kits. North American Rescue is a trusted industry leader. I keep a number of their products close by. Generally speaking you'll want tourniquets, gauze, pressure bandages, tape, chest seals and so on. Seek at minimum a 1st aid CPR/AED course in your area or maybe a stop the bleed course. You'll also want to stock any medications you need at a reasonable level, prescription and over the counter such as ibuprofen, cold and flu etc.

Shelter:

I would recommend at minimum a tent and general camping gear, sleeping bags etc, for a worst case scenario where you and your family may be displaced from your home. For instance a family of 5 would want at least a 10 person tent for temporary shelter. I think leaving the shelter and relative security of your home in a SHTF scenario would be a last resort. Especially if you do not have a plan in place with a bug out location. Also we must remember that we should be prepared and capable of carrying our gear on our backs in the event that our vehicles are disabled due to damage, lack of fuel, EMP etc. Bugging out is really just a cool word for being a temporary refugee and that's not my 1st move especially with a family in tow. Plan accordingly.