



## **Hiking, Camping and Shooting's Disaster Preparedness Checklist**

(as of 15 January 2025)

Every year there are tornadoes, hurricanes, cyclones, floods, snow storms, earthquakes, wildfires, tsunamis, storm surges, volcanic eruptions, viruses, disease epidemics/pandemics (like COVID-19), insect/animal plagues and other unanticipated disasters that cause people to live without power, water, new food supplies, heating/air conditioning and immediate medical assistance for extended periods of time, or cause people to have to evacuate their homes.

Although Disaster Preparedness is not Hiking, Camping or Shooting – there's a great deal of overlap regarding the gear; especially if the disaster lasts more than a couple of days – so we decided to include some information about it on our website.

Luckily all of the gear that you already have for your Hiking and Camping adventures can be used to help mitigate the problems caused by disasters. But there are also some other items that you might want to have on hand just in case the situation lasts for days (plan for at least 3 days - 72 hours), a week, or more (two weeks if you can); whether you are at your home or forced to temporarily relocate.

The main thing that you need to think about when collecting your Disaster Preparedness gear is the "Rule of 3". This rule states that you can survive for 3 minutes without air/oxygen or in icy water. You can survive for 3 hours without shelter in a harsh environment. You can survive for 3 days without water (if sheltered from a harsh environment). You can survive for 3 weeks without food (if you have water and shelter).

Your Disaster Preparedness kit shouldn't cost you that much since you're really just augmenting the Hiking, Camping and Shooting equipment that you already have. You might even currently have some of our recommended items in your house. You should probably plan on spending between \$500 and \$750 to purchase what we've recommended (with the largest cost items being the medical supplies – especially if you purchase antibiotics - food and safety/repair items). But you don't need to buy everything all at once. Plan ahead and buy a little at a time – perhaps in the priority order shown below (e.g. water, food, cleanliness, First Aid, respiratory protection, safety & repairs, storage bins) – so that you can catch the items when they are on sale.

Remember, you really need to plan ahead and have these items safely tucked away in your house before a disaster hits and they are scarce, or impossible, to find. Purchasing the items before there is any trouble means that you can easily find them in your local stores, or get them shipped directly to your home in a few days from Amazon. Conversely, once a disaster strikes it will probably be too late.

Here's the type of **Disaster Preparedness** gear (*in addition to all of the other Hiking, Camping and Shooting gear*) that we think you need to have on hand to be ready when a disaster hits your area:

### **1) Water Additions**

- a. Gallon containers with water
- b. Bathtub water storage system - WaterBoB

- c. Sillcock Key

## 2) Non-perishable Food Additions

- a. Canned (remember to also have a manual can opener)
  - i. Corned Beef Hash – 2
  - ii. Spam - 2
  - iii. Vienna Sausages – 6
  - iv. Canned Chicken - 4
  - v. Canned Ham - 2
  - vi. Tuna – 2
  - vii. Canned beans - 2
- b. Dried
  - i. Rice – 2 pounds
  - ii. Pasta – 2 boxes
- c. Freeze dried (see the Camping/Cooking page for details)
  - i. Mountain House Classic bucket
  - ii. Mountain House Breakfast bucket
- d. Miscellaneous Food
  - i. Carnation Instant Nonfat Dry Milk
  - ii. Bob's Red Mill Gluten Free Egg Replacer
  - iii. OVA Easy Dehydrated Egg Crystals
  - iv. Freeze-dried Coffee
  - v. Oatmeal
  - vi. Honey
  - vii. Jam
  - viii. Olive Oil (~20 months shelf life)
  - ix. Bouillon cubes (beef and chicken)
  - x. Salt (no iodine)
- e. Extra fuel canisters for camping cook stove

The amounts of food listed above should be enough for a family of 4 for approximately 2 weeks. If you want to be self-sufficient for more than 2 weeks you should probably purchase more freeze dried meals, purchase more of the same non-perishable food items we recommended above, and augment this supply by adding some of the following canned vegetables and fruits – in quantities that support whatever duration you think is prudent – to your non-perishable food supplies:

- Canned Vegetables (generally have a shelf life of ~3 to 5 years)
  - Artichoke Hearts
  - Asparagus
  - Carrots (dehydrated)
  - Corn
  - Diced Tomatoes (shelf life of ~2 years due to its acidic nature)
  - Green Beans
  - Green and Chili Peppers
  - Pumpkin
  - Spinach
  - Sweet Potatoes
  - Vegetable Medley
  - Yams
- Canned Fruits (generally have a shelf life of ~18 months)
  - Apples

- Applesauce (like Go-Go Squeez)
- Blueberries
- Cherries
- Fruit Cocktail
- Fruit Slices (dehydrated)
- Mandarin Oranges
- Peaches
- Pears
- Pie Filling
- Pineapple
- Raspberries

### **3) Personal Cleanliness Item Additions**

- a. Antibacterial Soap
- b. Antibacterial Hand Wipes
- c. Hand Sanitizer
- d. Disinfecting Wipes
- e. Paper Towels
- f. Toilet Paper
- g. Wysi Wipes
- h. Trash Bags
- i. Dry sacks for a spare set of clothes for each person in your family (8 to 10 liters)

### **4) First Aid Kit Additions**

- a. Nitrile Gloves
- b. Clotting Agent
  - i. Celox
- c. Burn Dressing Pads
- d. Cold Compresses – 10
- e. Antibiotics
  - i. Amoxicillin - 500 mg tablets
  - ii. Cephalexin - 250 mg tablets
  - iii. Doxycycline - 100 mg packets
- f. Pain and Fever Medications
  - i. Motrin (Ibuprofen) and/or Tylenol (Acetaminophen)
  - ii. Alka-Seltzer Plus Cold
  - iii. Aspercreme with Lidocaine
- g. Antiseptic Solutions
  - i. Hydrogen peroxide
  - ii. Isopropyl alcohol
- h. Topical Antibiotics
  - i. Anti-biotic Ointment – Bacitracin/Neomycin Sulfate/Polymyxin B Sulfate
- i. Hydrocortisone
  - i. Cortizone-10
- j. Antifungal Medications
  - i. Lotrimin
- k. Stomach and Intestinal Disorders
  - i. Tums
  - ii. Imodium
- l. Antihistamines
  - i. Benadryl

- m. Decongestants
  - i. Sudafed
- n. Cough Medicines
  - i. Nyquil
- o. Salt
- p. Blood Pressure Monitor
- q. Emergency Dental Repair Kit

**5) Respiratory Protection Additions**

- a. Shemagh Scarf
- b. Reusable Dust Filtration Masks - Reusable N95 masks

**6) Safety and Repair Additions**

- a. Batteries
  - i. AA Batteries
  - ii. AAA Batteries
  - iii. D Batteries
- b. Light Sticks
- c. Crank/Battery Operated Radio
- d. Sewing Kit
- e. Glue
- f. Duct Tape
- g. Plastic Sheeting/Tarps
- h. Fire Extinguisher
- i. Signal Flares

**7) Cash**

- a. ~\$500.00 in 20-dollar bills – stored in a Ziploc bag to keep together and dry

**8) Critical Information Packet**

- a. Personal Identification Information
  - i. Copies of Driver's licenses
  - ii. Copies of Passports
  - iii. Copies of Firearms Concealed Carry Licenses
  - iv. Copies of Military ID Cards (if military or ex-military)
- b. Insurance Information
  - i. Home
  - ii. Personal Property
  - iii. Car
  - iv. Medical/Dental
  - v. Life
- c. Utility Account Information
  - i. Gas
  - ii. Electric
  - iii. Water
  - iv. Phone/Internet/Cable TV
  - v. Cell Phones
- d. Automobile Information
  - i. Car Titles
  - ii. Car Registrations
- e. House Information

- i. House Deed
  - ii. Property Tax Information
- f. Bank Accounts and Financial Information
- g. Business Information
  - i. Business License
  - ii. Tax ID Information
- h. Key Documents
  - i. SSN Card
  - ii. Birth Certificates
  - iii. Marriage Certificates
  - iv. DD214 (if ex-military)
- i. Contact List of Family, Friends and Business Associates
- j. Online Accounts
  - i. Login and Password Information

## **9) Plastic Storage Bins**

- a. Latching Plastic Storage Bins

For more information and details about the specific *Disaster Preparedness gear* that we use (123 items from these 9 categories) check out our website at:

<https://www.hikingcampingandshooting.com/disaster-preparedness.html>