



Hiking, Camping and Shooting's Disaster Preparedness Checklist

(as of 30 October 2018)

Every year there are tornadoes, hurricanes, floods, snow storms, earthquakes and other unanticipated disasters that cause people to live without power, water and heating/air conditioning 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've added some information about it to 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; 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).

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

- a. Gallon containers with water
- b. Bathtub water storage system
- c. Sillcock Key

2) Non-perishable Food

- 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
 - viii. Beef meatballs
- 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. Freeze-dried Coffee
 - ii. Oatmeal
 - iii. Honey
 - iv. Jam
 - v. Olive Oil (~20 months shelf life)
 - vi. Bouillon cubes (beef and chicken)
 - vii. Salt (no iodine)
- e. Extra fuel canisters for camping cook stove

3) Personal Cleanliness Items

- a. Antibacterial Soap
- b. Antibacterial Hand Wipes
- c. Hand Sanitizer
- d. Disinfecting Wipes
- e. Toilet Paper
- f. Wysi Wipes
- g. Trash Bags
- h. 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
- c. Burn Dressing Pads
- d. Cold Compresses – 10
- e. Antibiotics
- f. Pain and Fever Medications
- g. Antiseptic Solutions
- h. Topical Antibiotics
- i. Hydrocortisone
- j. Antifungal Medications
- k. Stomach and Intestinal Disorders
- l. Antihistamines
- m. Decongestants
- n. Cough Medicines
- o. Salt

5) Respiratory Protection

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

6) Safety and Repairs

- 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
- 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 (91 items from these 9 categories) check out our website at:

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