FAMILY OF 4 SURVIVAL LIST

2 Weeks • Power Outage + No Running Water



WATER

- 56+ gallons (1 gal/person/day for drinking & cooking)
- Extra 10–15 gal for hygiene & cleaning
- Water purification tablets or bleach
- Collapsible jugs or sealed containers



FOOD (no-cook / minimal cook)

- Canned proteins, fruits, vegetables (manual can opener)
- Peanut butter, nuts, protein bars, dried fruit
- Instant oatmeal, crackers, rice cakes
- Shelf-stable milk or powdered milk
- High-calorie snacks & MREs if available
- Aim for 2,000–2,500 calories per person/day



SANITATION & HYGIENE

- Toilet paper, wet wipes, hand sanitizer
- Soap, shampoo, toothpaste, toothbrushes
- Feminine hygiene products
- Heavy-duty trash bags + 5-gallon buckets (makeshift toilet)
- Bleach for disinfecting surfaces & waste



LIGHT, POWER & COMMUNICATION

- LED flashlights + headlamps + extra batteries
- Battery or hand-crank lanterns
- Portable power banks (pre-charged) + solar charger
- Battery/hand-crank radio (NOAA weather)
- Fully charged phones + printed contact list



MEDICAL & SAFETY

- Comprehensive first-aid kit
- Prescription medications (2-week supply minimum)
- Pain relievers, anti-diarrheal, antacids
- Thermometer, gloves, masks
- Fire extinguisher + multi-tool



SHELTER, WARMTH & CLOTHING

- Warm blankets, sleeping bags, extra layers
- Sturdy closed-toe shoes for each person
- Work gloves, rain ponchos
- Duct tape & plastic sheeting for sealing drafts



TOOLS & MISC

- Manual can opener, multi-tool, duct tape
- Matches/lighters in waterproof container
- Cash in small bills
- Important documents in waterproof bag
- Permanent marker & notebook