

DAN F. SULLIVAN ♦ [WWW.SURVIVALSULLIVAN.COM](http://WWW.SURVIVALSULLIVAN.COM)

# VITAL SURVIVAL CHECKLISTS



# Vital Survival Checklists

by Dan F. Sullivan

[www.SurvivalSullivan.com](http://www.SurvivalSullivan.com)

Below are links for more information to prepare yourself for  
any situation by Dan Sullivan

[How to build a Hidden Survival Food Farm](#)

[How to protect yourself from an EMP Attack](#)

[How to protect yourself from everyday emergencies with Every Day  
Carry](#)

[Learn what you need to Bug Out with](#)

[Learn how to build a supply stockpile](#)

[Learn how to Bug In forever](#)

[Learn how to build a SHTF Homestead](#)

# Introduction

No matter how many survival courses you read, when the S hits the F, your mind will stop functioning right. For how long, that depends on how prepared you are and is in an indirect proportion with your chances of making it out **alive**.

Checklists are great. They condense the information in a way which makes it incredibly useful. If there ever was a survival checklist you needed, it's probably here.

**Tip:** print out the following pages and make sure each family member has a copy. Heck, you can even print extra copies to have them handy in special places around the house, to have in case the power grid goes down or if your computer crashes or gets a virus.

Thanks,

Dan

# Table of contents

Introduction	2
Table of contents	3
Disclaimer	5
Bug-Out Bag Checklist	6
Optional Bug-Out Bag Items	8
Vehicle Bug-Out Bag Checklist	9
Tools Checklist	11
Clothing Checklist	12
Food Stockpile Checklist	13
Bug In Checklist	14
Baby Survival Checklist	16
Medical Survival Checklist	17
Home Security Checklist	19
Safe Room Checklist	21

# Disclaimer

No part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the publisher. It is illegal to copy, distribute or create derivative works of this book in part or in whole, or to contribute to the distribution, copying or creation of derivative works of this book.

This publication is designed to provide accurate and authoritative information regarding the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering professional services. If legal, accounting, medical, psychological, or any other expert assistance is required, the services of a competent professional person should be sought. The author and publisher specifically disclaim any and all liability arising directly or indirectly from the use or application of any information contained in this document.

Note: Some of the items may contain affiliate links.

# Bug-Out Bag Checklist

Keep in mind that not all of these apply to everyone and that some of them are meant to double others.

<a href="#">First aid kit</a>	<a href="#">Waterproof matches</a>
<a href="#">Duct tape</a>	<a href="#">Magnesium fire-starter</a>
<a href="#">Solar battery charger</a>	<a href="#">An emergency whistle</a>
<a href="#">Map</a> with all main and secondary exits marked	<a href="#">About 1 liter (or 0.5 gallons) of drinking water</a>
<a href="#">A Fresnel lens</a>	<a href="#">A personal water filter</a>
<a href="#">A small mirror for signaling</a>	<a href="#">2 water purification tablets</a>
<a href="#">A flashlight</a>	<a href="#">Protein and energy bars</a>
<a href="#">Spare AA or AAA batteries</a>	<a href="#">A portable solar shower</a>
<a href="#">A roll of toilet paper</a>	<a href="#">A small comb</a> (for keeping your hair neat)
<a href="#">Sleeping bag</a>	<a href="#">Work gloves</a>
<a href="#">A two-person tent</a>	<a href="#">2-3 pairs of socks</a>
<a href="#">Underwear</a>	<a href="#">T-shirt</a>
<a href="#">Napkins</a>	<a href="#">Towel</a>
<a href="#">Rain poncho</a>	<a href="#">Safety pins</a>
<a href="#">Hand sanitizer</a>	<a href="#">Shampoo</a>
<a href="#">Toothbrush</a>	<a href="#">Toothpaste</a>
<a href="#">Pocket knife</a>	<a href="#">A lensatic compass</a>
<a href="#">A bar of soap</a>	<a href="#">Sunglasses</a>
<a href="#">Candles</a>	Extra cell phone
<a href="#">Walkie-talkie</a>	<a href="#">Portable AM/FM Radio</a>
<a href="#">Insect repellent</a>	At least \$200 cash and some change
<a href="#">Pepper/Wasp spray</a>	<a href="#">Headlamp</a>
<a href="#">Extra cell phone battery</a>	<a href="#">Plastic bags</a>
<a href="#">Sewing kit</a>	<a href="#">Fishing kit</a>
<a href="#">550 Mil-Spec Paracord</a>	<a href="#">Energy bars</a>
Extra set of house keys	Extra set of car keys
<a href="#">N100 respirator mask X 2</a>	<a href="#">Nail clippers</a>

<a href="#">Wet wipes</a>	<a href="#">A fixed blade survival knife</a>
<a href="#">Cotton balls</a>	<a href="#">A pencil, a pen and a notebook</a>
Copies of all important documents	<a href="#">Multivitamins</a>
<a href="#">A bandanna</a>	<a href="#">Tarp</a>
Pre-paid phone card with no (or a long) expiration date	<a href="#">Hiking boots</a> (not inside the bag)
<a href="#">Wool scarf</a>	<a href="#">Hard candy</a>
A <a href="#">USB stick</a> with important data (survival guides, ID scans etc.)	<a href="#">Scissors</a>
<a href="#">Tweezers</a>	<a href="#">Screws and nails</a>
<a href="#">Small hammer</a>	<a href="#">Pry bar</a>
Extra pair of reading glasses	<a href="#">A small multi-tool</a>
<a href="#">Tinder</a> (to start a fire)	<a href="#">A small shovel</a>
<a href="#">Trail mix</a>	

\*Feel free to add your own stuff in the empty cells of the above table, then tick them off as you buy the things. The things you don't want or need you can just cross with a line.



# Vehicle Bug-Out Bag Checklist

Here's a quick list of all the things you should have in your bug-out vehicle (B.O.V.):

<a href="#">tire chains</a>	<a href="#">extra fuel</a>
<a href="#">blankets</a>	<a href="#">first-aid supplies</a>
<a href="#">wrench's</a>	<a href="#">screwdrivers</a>
<a href="#">duct tape</a>	<a href="#">survival knife</a>
spare tire	a secondary <a href="#">bug-out bag</a>
cash and change	<a href="#">toilet paper</a>
spare <a href="#">car fuses</a>	<a href="#">jumper cables</a>
<a href="#">flashlight</a> and <a href="#">extra batteries</a>	<a href="#">road maps</a>
<a href="#">antifreeze</a>	<a href="#">pen and paper</a>
<a href="#">butane lighter</a> ( <a href="#">butane refill</a> )	<a href="#">compass</a>
<a href="#">GPS unit</a>	<a href="#">solar battery charger</a>
<a href="#">Paracord</a>	<a href="#">Ziploc bags</a>
<a href="#">sleeping bags</a>	<a href="#">sunglasses</a>
<a href="#">hand sanitizer</a>	<a href="#">towelettes</a>
<a href="#">LED lantern</a>	a <a href="#">small shovel</a>
<a href="#">battery-powered radio</a> and <a href="#">extra batteries</a>	cell phone with pre-paid card and extra battery
<a href="#">tow straps</a>	<a href="#">industrial chem lights</a>
extra clothing	<a href="#">reading material</a>
<a href="#">power inverter</a>	a couple of <a href="#">baseball caps</a>
<a href="#">waterproof poncho</a>	a <a href="#">water filter</a>
a couple of <a href="#">fire-starting devices</a>	<a href="#">fixed blade knife</a>
<a href="#">metal water container</a>	<a href="#">water purification tablets</a>
an extra pair of <a href="#">hiking shoes</a>	<a href="#">Hand warmers</a>
<a href="#">solar charger</a>	<a href="#">oil</a>
<a href="#">fire extinguisher</a>	<a href="#">extra fuel canister</a>
<a href="#">ice scraper</a>	<a href="#">tire inflator</a>
<a href="#">1 gallon of water</a>	<a href="#">snacks/energy bars</a>

A <a href="#">snow shovel</a>	<a href="#">Work gloves</a>
A couple of <a href="#">bandanas</a>	A firearm
An <a href="#">emergency blanket</a>	<a href="#">Tire lug wrench</a>
<a href="#">Collapsible water storage</a>	

Don't forget to do all your vehicle inspections and maintenance on time!





# Food Stockpile Checklist

You don't need all of the following, just the ones that make sense...

<a href="#">1 gallon of water</a> per person per day	White or brown <a href="#">rice</a>
<a href="#">Iodized salt</a>	<a href="#">Peanut butter</a>
<a href="#">Nuts</a>	<a href="#">Multigrain cereals</a> (especially <a href="#">oatmeal</a> )
<a href="#">Raisins</a>	<a href="#">Canned tuna</a> , <a href="#">pink salmon</a> , <a href="#">chicken</a> , <a href="#">turkey</a>
<a href="#">Multivitamins</a>	<a href="#">Immunity plant extract pills</a>
<a href="#">Fish-oil / flaxseed oil capsules</a>	<a href="#">Dried beans</a>
<a href="#">Brown sugar</a>	<a href="#">Baking powder</a>
<a href="#">Cooking oil</a>	<a href="#">White vinegar</a>
<a href="#">Honey</a>	<a href="#">Dried pasta</a>
<a href="#">Coffee</a>	<a href="#">Tea bags</a>
<a href="#">Wheat berries</a>	<a href="#">Sugar</a>
<a href="#">Powdered eggs</a>	<a href="#">Dried hazelnuts</a>
<a href="#">Powdered milk</a>	<a href="#">Freeze-dried fruits and veggies</a>
<a href="#">Seeds</a>	<a href="#">Cocoa powder</a>
<a href="#">Cooking oil</a> (sunflower, coconut, extra-virgin olive)	<a href="#">Hardtack</a>
<a href="#">Pemmican</a>	<a href="#">Garlic powder</a>
<a href="#">Cinnamon</a>	<a href="#">Chili powder</a>
<a href="#">Energy bars</a>	<a href="#">Popcorn</a>
<a href="#">Juice powder</a>	<a href="#">Hard candy</a>
<a href="#">Powdered cheese</a>	<a href="#">Vinegar</a>
<a href="#">Bouillon cubes</a>	<a href="#">Yeast</a>
<a href="#">Pet food!</a>	

# Bug In Checklist

Although the other checklists provide a more in-depth look at some of the things needed for bug-in purposes, the following is good to keep in mind to have an overview of what you need to do.

start a food stockpile	start a potable water
start hoarding non-potable water for showering, watering your garden, laundry etc.	stockpile medicine
improve home security	equip your home to withstand home invasions
start hoarding guns and bullets	have alternative survival weapons as back-ups ( <a href="#">hatchets</a> , <a href="#">sling shots</a> , <a href="#">bows and arrows</a> etc.)
make sure all your preps are concealed from human eyes	stock up on things that will help you <a href="#">cook and eat</a> your foods
get some stoves ( <a href="#">solar</a> , <a href="#">propane</a> , <a href="#">butane</a> , <a href="#">alcohol</a> )	<a href="#">insulate your home</a>
install an <a href="#">alarm system</a>	install <a href="#">CO and smoke detectors</a>
stock up on <a href="#">non-perishable</a> items	<a href="#">print</a> and <a href="#">lamine</a> important emergency information
save <a href="#">survival knowledge</a> in both print and electronic forms	practice being a gray person today
make sure you have renewable water sources	make sure you have renewable food sources
make a basement or a <a href="#">root cellar</a> for your food and water	clean your entire house to free up space and find old items that could help you survive
stock up on things to keep you entertained	learn <a href="#">bug-in skills</a> (first aid, homesteading, canning, plumbing, woodworking, raising animals etc.)
have a get home plan	have a rally point outside the house in case something happens



# Baby Survival Checklist

Well, some of these things are obvious but a checklist is supposed to serve first and foremost as a quick reminder of what you should pack. If you want, you can print this page and cross every item as you stockpile everything. Take this with you when shopping to know what to get next.

<a href="#">sunblock</a>	<a href="#">hand sanitizer</a>
<a href="#">infant ibuprofen</a>	<a href="#">instant cold compresses</a>
<a href="#">travel baby soap</a>	<a href="#">diapers</a>
<a href="#">a pack of wash rags</a>	<a href="#">Wipes</a>
<a href="#">clothes</a>	<a href="#">feeding bottles</a>
<a href="#">spoons</a>	<a href="#">toys</a>
<a href="#">blankets</a>	<a href="#">water bottles</a>
paper with baby's name, your phone number and any allergies he/she may have (in case you get separated)	<a href="#">manual breast pump</a>
<a href="#">burp rag</a>	<a href="#">thermos</a>
<a href="#">diaper rash cream</a>	<a href="#">baby powder</a>
<a href="#">baby carrier</a>	<a href="#">teething gel</a>
<a href="#">baby vitamins</a>	<a href="#">teething tablets</a>
<a href="#">cotton diapers + diaper pins</a> (for long-term preparedness)	<a href="#">diaper pail</a> (to hold dirty diapers until you wash them)
<a href="#">your favorite parenting book</a>	<a href="#">garbage bags</a>
<a href="#">baby chest rub</a>	<a href="#">thermometer</a>
<a href="#">baby medicine dropper</a>	<a href="#">Vaseline</a>
<a href="#">infant toothpaste</a>	

Word of advice: since babies grow fast, make sure you have diapers and clothes of the next size up.

# Medical Survival Checklist

Since I am not a doctor, I highly advise you to check with your physician before buying and using any of the equipment below. A first aid course is a good place to start.

<a href="#">duct tape</a>	<a href="#">aspirin, ibuprofen</a>
<a href="#">bandages</a> (adhesive, H, gauze, triangular, pressure and eye bandages)	codeine (pain killer)
<a href="#">Band-Aids</a>	<a href="#">cotton balls</a>
<a href="#">bandage scissor</a>	<a href="#">hand sanitizer</a>
<a href="#">alcohol pads</a>	<a href="#">surgical masks</a>
<a href="#">tweezers</a>	<a href="#">magnifying glass</a>
<a href="#">tongue depressors</a>	<a href="#">styptic pencil</a>
<a href="#">water purification tablets</a>	<a href="#">snake bite kit</a>
<a href="#">rolled gauze bandages</a>	<a href="#">multipurpose trauma dressings</a>
<a href="#">Benadryl</a>	<a href="#">Imodium</a> (against diarrhea)
<a href="#">zinc oxide cream</a>	<a href="#">laxative tea bags</a>
<a href="#">finger nail clippers</a>	home <a href="#">blood pressure monitor</a> + <a href="#">batteries</a>
<a href="#">Multivitamins / multiminerals</a>	<a href="#">Vaseline</a>
<a href="#">medical books</a>	<a href="#">garlic caps</a>
<a href="#">propolis tincture</a>	<a href="#">St. John's wort</a> (against depression and anxiety)
<a href="#">anti-inflammatory</a> drugs for headaches (such as <a href="#">Motrin</a> or <a href="#">Aleve</a> )	<a href="#">moleskin</a> (for blisters)
<a href="#">scalpels</a>	<a href="#">antibacterial soap</a>
<a href="#">Mentholatum® ointment</a>	<a href="#">coconut oil (anti-microbial)</a>
<a href="#">potassium iodine</a> (for INTERNAL radiation poisoning)	<a href="#">toothpicks</a>
<a href="#">dental mirror</a>	<a href="#">dental extractor</a>
<a href="#">dental filling material</a>	<a href="#">toothbrush, toothpaste, floss, mouthwash</a>

<a href="#">Claritin</a>	<a href="#">aloe vera</a> (to treat burns)
<a href="#">various tea bags</a>	<a href="#">superglue</a> (good for closing wounds)
<a href="#">antibiotics</a>	<a href="#">pantyliners and tampons</a>
<a href="#">plastic bags</a>	spare pair of glasses
<a href="#">silver nitrate</a>	<a href="#">medical tape</a>

Remember to rotate your medicine because they expire as well!

# Home Security Checklist

Here's a quick list of the main things you need to do in order to keep your home safe. This should work both pre and post SHTF, though I'd be weary of keeping lights on *post*.

always light up at night in at least one room	get a dog or two
secure doors and windows	replace regular windows with Plexiglas
set up outdoor lighting	hide your valuables
install secret storage spaces	get some guns
never leave car keys in plain sight	have your neighbor collect your mail when out of town
never leave your keys under the doormat or in the mailbox	make sure your front door is visible from the street
use <a href="#">automatic light switches</a> to turn on lights at night	cancel newspaper and milk deliveries if you leave for a long time
mow your lawn regularly	trim shrubs regularly
get a <a href="#">video surveillance system</a>	lock doors even when you're home
get an <a href="#">alarm system</a>	use <a href="#">3" screws</a> instead of 1" on all your doors
install thorny bushes near windows	remove bushes and trees that could allow a burglar to hide in them
remove branches of trees that allow climbing on them, then through the window	have a safe room
have a decoy safe	have a decoy stash with 2-300 bucks and cheap jewelry
keep in touch with your neighbors for suspicious activity	lock up the meter box
make sure your house number is clearly visible	put the door chain before opening the door



# Safe Room Checklist

You will use that room in case of a break in, a tornado or a hurricane. Use it only if you can't bug out, if someone's chasing you. Expect to stay inside for days if need be.

cell phone with battery removed	extra cell-phone battery
pre-paid card with no expiration date	<a href="#">flashlights</a> and spare <a href="#">batteries</a>
firearm	extra ammo
<a href="#">first-aid kit</a>	<a href="#">fire extinguisher</a>
<a href="#">collapsible ladder</a>	<a href="#">blankets</a>
<a href="#">pillows</a>	<a href="#">duct tape</a>
lots of <a href="#">water</a>	<a href="#">battery</a> and <a href="#">hand-crank emergency radio</a>
<a href="#">books</a> or an <a href="#">e-reader</a>	<a href="#">games</a>
a <a href="#">safe</a> with valuables	<a href="#">food</a>
extra pair of <a href="#">shoes</a> for each family member	<a href="#">eyeglasses</a>
extra set of house and car keys	<a href="#">bulletproof vest</a>
<a href="#">double hearing protection</a> (to protect your hearing in that tiny room if you have to shoot)	an escape <a href="#">emergency collapsible ladder</a> (if you have a window you can climb down from)
an <a href="#">LED lantern</a>	<a href="#">sleeping bag</a>
<a href="#">Bucket toilet</a> (bucket filled with sand or bags to use as a toilet)	a <a href="#">gas mask</a>

Ok, those were it! As I said in the beginning, these checklists aren't designed to make you survive for months and months in the wilderness but they're more than enough for the rest of the survival situations.

Remember that each family member should have his or her own [BOB](#) and that you don't have to assemble it right from the start. Just keep adding items every time you go to the supermarket. A good rule of thumb is to spend \$5 per person every time you go there, but feel free to make your budget in any way you want.

Stay safe,

Dan F. Sullivan

founder and editor-in-chief of [www.SurvivalSullivan.com](http://www.SurvivalSullivan.com)