


Emergency Preparation Checklist

Check each item as you acquire it • Print and store a copy with your go-bag

 How to use this list: Print this sheet, then check off each item as you gather it. Links are clickable in the digital version.

 Shop around — many items are cheaper at Costco, Walmart, or local stores than the links shown.
 This list is a guide, not a mandate. Choose through prayer what best fits your family's unique needs.

1 — Emergency & Survival Essentials

✓	Item	Where to Get It	Shop Link
<input type="checkbox"/>	Bug Out Bag <i>Pre-packed emergency bag</i>	Amazon	Link
<input type="checkbox"/>	Utility / Multi-Tool Kit <i>Knife, pliers, saw — keep one per bag</i>	Amazon	Link
<input type="checkbox"/>	Walkie Talkie (pair) <i>Works without cell service</i>	Amazon	Link
<input type="checkbox"/>	Solar Panel Lantern <i>No batteries needed — charges via sun</i>	Amazon	Link
<input type="checkbox"/>	Wind-Up Radio + Flashlight <i>NOAA weather alerts; no power needed</i>	Amazon	Link
<input type="checkbox"/>	115-Hour Emergency Candle <i>Long-burn light source; no power needed</i>	Amazon	Link
<input type="checkbox"/>	Emergency Water Supply <i>Safe for pets & humans; even expired water can be used for cleaning/washing</i>	Amazon	Link
<input type="checkbox"/>	Rinse-Free Bathing Wipes <i>No-water bathing for all ages</i>	Amazon	Link
<input type="checkbox"/>	Water Wipes <i>Chemical-free; safe for babies & sensitive skin</i>	Amazon	Link
<input type="checkbox"/>	Child ID Kit <i>Fingerprints, photos & info — fill out in advance</i>	Amazon	Link
<input type="checkbox"/>	Fireproof / Waterproof Document Bag <i>Store IDs, birth certs, insurance docs</i>	Amazon	Link
<input type="checkbox"/>	Fireproof / Waterproof Duffle Bag <i>Larger valuables & go-bag overflow</i>	Amazon	Link
<input type="checkbox"/>	Reusable Paper Towels <i>Washable; reduces waste in extended emergencies</i>	Amazon	Link
<input type="checkbox"/>	Emergency Survival Bags / Mylar Blankets <i>Retain body heat; compact enough for any bag</i>	Amazon	Link
<input type="checkbox"/>	First Aid Kit (comprehensive) <i>Include bandages, antiseptic, gauze, gloves, tweezers</i>	Amazon / Walmart / Costco	—
<input type="checkbox"/>	Prescription Medications (30-day supply)	Your pharmacy	—

✓	Item	Where to Get It	Shop Link
	Ask your doctor for an emergency supply; rotate stock		
<input type="checkbox"/>	Cash (small bills) ATMs & card readers may be down — \$100–\$200 minimum	Your bank / ATM	—
<input type="checkbox"/>	Copies of Important Documents Passport, insurance, medical records, deed/lease	Home printer / FedEx	—
<input type="checkbox"/>	Extra Phone Charger + Power Bank 10,000 mAh+ power bank; keep charged at all times	Amazon / Best Buy	—
<input type="checkbox"/>	Duct Tape + Heavy-Duty Zip Ties Repairs, sealing windows, improvised shelter	Home Depot / Amazon	—
<input type="checkbox"/>	Work Gloves Heavy-duty leather or rubber; debris & hazard handling	Home Depot / Amazon	—
<input type="checkbox"/>	Change of Clothes (per person) Sturdy shoes, long pants, jacket — pack in a sealed bag	Your home	—
<input type="checkbox"/>	Whistle / Signal Mirror Signal rescuers without using energy or phone (available in Multi tool kit)	Amazon / REI	—
<input type="checkbox"/>	Maps (printed, local & regional) GPS may fail — have physical maps of your area	AAA / Print online	—
<input type="checkbox"/>	Emergency Contact List (printed) Family, doctors, neighbors, out-of-state contact	Print at home	—

2 — Pets & Animals

✓	Item	Where to Get It	Shop Link
<input type="checkbox"/>	Pet Carrier / Travel Crate (dog & cat) Collapsible; fits standard evacuation vehicles	Amazon	Link
<input type="checkbox"/>	Travel Litter Box Compact & foldable for cats on the go	Amazon	Link
<input type="checkbox"/>	Travel-Friendly Cat Litter (Dr. Elsey's) All natural, \$13/20 lbs., grab-and-go box with handle	PetSmart	Link
<input type="checkbox"/>	Cat Water Supply Store at least 1 week of water per pet	Amazon	Link
<input type="checkbox"/>	Cat Food (Simply Nourish) High quality, good for sensitive stomachs — comparable to brands double the price	PetSmart	Link
<input type="checkbox"/>	Pet First Aid Kit Bandages, antiseptic, thermometer for pets	Amazon / PetSmart	—
<input type="checkbox"/>	Vaccination & Vet Records (copy) Required for some emergency shelters	Your vet / print at home	—
<input type="checkbox"/>	Pet ID Tag + Collar with your number Keep updated; microchip as backup	PetSmart / Amazon	—
<input type="checkbox"/>	Leash + Extra Leash One in the bag, one at the door	PetSmart / Amazon	—

✓	Item	Where to Get It	Shop Link
<input type="checkbox"/>	Calming Treats or Familiar Toy <i>Reduces pet stress during evacuation</i>	PetSmart / Amazon	—

3 — Nuclear / Chemical Fallout Protection

⚠ Mask requirements: Look for P100 respirators or CBRN-rated (Chemical, Biological, Radiological, Nuclear), Category 3, rubber material.

⚠ For KI dosage: print the CDC page (for people) and the MBAH MS page (for pets) and store with your supplies.

✓	Item	Where to Get It	Shop Link
<input type="checkbox"/>	Gas Mask Bundle (CBRN-rated) <i>Must be P100, CBRN Category 3, rubber mask</i>	MiraSafety.com	Link
<input type="checkbox"/>	PPE Hazmat Coverall Suit <i>Kappler Zytron 300 — chemical/radiological protection</i>	USA Supply	Link
<input type="checkbox"/>	Potassium Iodide (KI) Tablets <i>Protects thyroid from radioactive iodine exposure</i>	Amazon	Link
<input type="checkbox"/>	KI Dosage Reference — Humans (printed) <i>Print & store — dosage info found toward end of article</i>	CDC.gov	Link
<input type="checkbox"/>	KI Dosage Reference — Pets (printed) <i>Print & store — for veterinary use after nuclear event</i>	MBAH.MS.gov	Link
<input type="checkbox"/>	Heavy Plastic Sheeting + Tape <i>Seal windows & doors in a shelter-in-place scenario</i>	Home Depot / Lowe's	—
<input type="checkbox"/>	HEPA Air Purifier (portable) <i>Filter airborne particles during fallout events</i>	Amazon / Best Buy	—
<input type="checkbox"/>	Radiation Dosimeter / Geiger Counter <i>Monitor exposure levels in your environment</i>	Amazon	—
<input type="checkbox"/>	Goggles (airtight) <i>Eye protection from particulates & chemical exposure</i>	Amazon / Hardware store	—

4 — Emergency Food & Water

🌱 Legume tip: non-GMO legumes can be eaten, sprouted, or planted — three uses in one item.

💧 Water rule of thumb: store at least 1 gallon per person per day for a minimum of 2 weeks.

🍲 Freeze-dried foods are available at Costco for ~50% less than most online prices.

✓	Item	Where to Get It	Shop Link
<input type="checkbox"/>	Emergency Water Supply <i>Safe for pets & humans; expired water still usable for non-drinking purposes</i>	Amazon	Link

✓	Item	Where to Get It	Shop Link
<input type="checkbox"/>	Extended Shelf-Life Seeds (5–10 yr) <i>Heirloom / open-pollinated — can regrow each season</i>	Amazon	Link
<input type="checkbox"/>	Sprouting Trays <i>Grow fresh greens indoors with no soil</i>	Amazon	Link
<input type="checkbox"/>	Soil-Free Growing Mat <i>Works with sprouting trays — no dirt needed</i>	Amazon	Link
<input type="checkbox"/>	Grow Lights <i>Indoor food production when outside access is limited</i>	Amazon	Link
<input type="checkbox"/>	Freeze-Dried Food (1-month+ supply) <i>Ready Wise, Mountain House, Augason Farms; check dietary needs (vegan, vegetarian, etc.)</i>	Amazon / Costco	Link
<input type="checkbox"/>	Legumes & Grains (non-GMO, USA-grown) <i>Non-GMO, glyphosate-free; sprout, cook, or grow — triple use; 25 lb. bucket available</i>	Amazon	Link
<input type="checkbox"/>	Aqua Tabs (water purification) <i>Each tab purifies 1 liter of water; compact & lightweight</i>	Amazon	Link
<input type="checkbox"/>	Filtration Straw <i>Filter water from any freshwater source on the go</i>	Amazon	Link
<input type="checkbox"/>	Countertop Water Filter <i>Get extra replacement filters — store at least 2 backups</i>	Amazon	Link
<input type="checkbox"/>	Manual Can Opener <i>Electric openers fail without power</i>	Walmart / Amazon	—
<input type="checkbox"/>	Cooking Fuel + Portable Camp Stove <i>Propane or butane stove; store extra fuel canisters</i>	REI / Amazon / Walmart	—
<input type="checkbox"/>	Protein Bars / High-Calorie Snacks <i>No-prep option; 2,000+ cal/day per adult during crisis. The bug out bag includes 3 days of emergency meal replacement bars per person. See link for a 20-year shelf life option.</i>	Costco / Amazon	Link
<input type="checkbox"/>	Salt, Sugar, Honey (sealed) <i>Indefinite shelf life; honey never expires</i>	Grocery store / bulk buy	—
<input type="checkbox"/>	Multivitamins (stored supply) <i>Nutritional gaps are common in emergency diets</i>	Costco / Amazon	—
<input type="checkbox"/>	Water Storage (1 gal/person/day x 2 wks) <i>Store in BPA-free containers away from sunlight</i>	Walmart / Sam's Club	—
<input type="checkbox"/>	Ziplock Bags (various sizes) + Containers <i>Food storage, waterproofing small items, organization</i>	Grocery store / Walmart	—

5 — Diaper Options

♻️ Reusable/cloth diapers are ideal for emergencies — no supply chain dependency, eco-friendly, and cost-effective long term.

✓	Item	Where to Get It	Shop Link
<input type="checkbox"/>	Green Mountain Diapers (Christian brand) <i>Christian-owned, cloth diaper brand</i>	greenmountaindiapers.com	Link
<input type="checkbox"/>	Kinder Cloth Diapers <i>Eco-friendly cloth diaper brand</i>	kinderclothdiapers.com	Link
<input type="checkbox"/>	Kinder Cloth — Amazon Store <i>Shop Kinder Cloth on Amazon</i>	Amazon	Link
<input type="checkbox"/>	Esembly Diapers <i>Reusable diaper system</i>	esemblybaby.com	Link
<input type="checkbox"/>	Esembly — Amazon Store <i>Shop Esembly on Amazon</i>	Amazon	Link
<input type="checkbox"/>	Reusable Diapers + Inserts <i>Long-term, sustainable diapering option</i>	Amazon	Link
<input type="checkbox"/>	Bamboo Diaper Liners <i>Biodegradable, gentle on skin</i>	Amazon	Link
<input type="checkbox"/>	Waterproof Diaper Covers <i>Essential for cloth diapering system</i>	Amazon / Baby store	—
<input type="checkbox"/>	Wet Bags (for used diapers on the go) <i>Waterproof; keeps dirty diapers sealed</i>	Amazon	—
<input type="checkbox"/>	Disposable Diapers (backup supply) <i>Short-term backup; stock a few packs per size</i>	Costco / Walmart	—
<input type="checkbox"/>	Baby Wipes (several packs) <i>Keep extras in go-bag</i>	Costco / Walmart	—
<input type="checkbox"/>	Diaper Rash Cream <i>Natural options preferred (e.g., coconut oil, zinc cream)</i>	Amazon / Pharmacy	—

6 — Vitamins & Natural Health

About My Vitamin Philosophy


Daily I use products that provide structural support for the body and are anti-inflammatory. Things that regenerate the brain, bones, cells, and nerves are my focus to maintain optimal health. Once those bases are covered, I enjoy tinctures, a good multivitamin, and liquid iron.


For emergency storage, I would prioritize (prioritize vitamins that meet your unique needs):

First: Liquid Silica, CoQ10, NAD, Magnesium, Vitamin D3, Vitamin B Complex, and Calcium.

Secondarily: Chlorella + Spirulina, Sea Moss, Iron, a tincture or vitamin for cognitive support.

Optionally: a prenatal or multivitamin. I believe whole foods are an adequate source of nutrition, so in an emergency a multivitamin would be secondary to getting adequate food.

 **Alkaline Diet Tip:** I focus on a highly alkaline diet to maintain a good acid–alkaline balance. Simple ways to alkalinize your body: take magnesium citrate or calcium citrate, make green tea (hot or cold) and add lime or lemon juice — preferably lime — or take sea moss.

 **Vitamin Tip:** I recommend liquid or tinctures, capsules, and gummies over hard pills — your body absorbs nutrients from liquids and gummies far better than hard pills. When shopping for capsules, look for a short and direct ingredients list with little to no fillers and natural carriers like glycerin or coconut oil.

♥ Christian Vitamin Brands & Resources:




- [We Heart Nutrition — weheartnutrition.com](http://weheartnutrition.com)
- [Healthy Families for God — healthyfamiliesforgod.com/about](http://healthyfamiliesforgod.com/about) (Fabulous testimony!)
- [Life Source Vitamins — lifesourcevitamins.com/pages/about-us](http://lifesourcevitamins.com/pages/about-us)

✓	Item	Where to Get It	Shop Link
<input type="checkbox"/>	NAD+ <i>Cellular energy & repair</i>	Amazon	Link
<input type="checkbox"/>	CoQ10 <i>Also available at Costco</i>	Amazon / Costco	Link
<input type="checkbox"/>	Liquid Silica <i>Supports connective tissue, hair & nails</i>	Amazon	Link
<input type="checkbox"/>	Liquid Iron <i>Bioavailable form of iron</i>	Amazon	Link
<input type="checkbox"/>	Vitamin B Complex <i>Supports energy & nervous system</i>	Amazon	Link
<input type="checkbox"/>	Liquid Multivitamin <i>Daily foundational support</i>	Amazon	Link
<input type="checkbox"/>	Liquid Prenatal Vitamin <i>For pregnant or trying-to-conceive mothers</i>	Amazon	Link
<input type="checkbox"/>	Sea Moss <i>Rich in trace minerals & nutrients</i>	Amazon	Link
<input type="checkbox"/>	Chlorella + Spirulina <i>All 9 amino acids, Bioactive B12, RNA/DNA — natural multivitamin</i>	Amazon	Link
<input type="checkbox"/>	Liquid Turmeric & Black Pepper Extract <i>Anti-inflammatory; also available at Costco</i>	Amazon / Costco	Link
<input type="checkbox"/>	Loose Leaf Green Tea <i>Antioxidant-rich; daily wellness routine</i>	Amazon	Link
<input type="checkbox"/>	Cramp Ease Tincture <i>Natural menstrual cramp relief</i>	Amazon	Link
<input type="checkbox"/>	Heat Patch <i>Targeted menstrual pain relief</i>	Amazon	Link
<input type="checkbox"/>	Magnesium Drink Mix <i>Natural menstrual support; also at Costco</i>	Amazon / Costco	Link
<input type="checkbox"/>	Magnesium + Essential Vitamin and Mineral Gummies <i>2-month supply; hormone & muscle support</i>	Amazon	Link
<input type="checkbox"/>	Calcium Citrate Gummies <i>Highly absorbable calcium form</i>	Amazon	Link
<input type="checkbox"/>	Elderberry Syrup or Gummies <i>Immune system support</i>	Amazon / Health food store	—
<input type="checkbox"/>	Echinacea Tincture <i>Supports immune response</i>	Health food store / Amazon	—
<input type="checkbox"/>	Activated Charcoal Capsules <i>For poisoning or digestive upset</i>	Amazon / Pharmacy	—
<input type="checkbox"/>	Vitamin D3 + K2 <i>Bone and Immune Health</i>	Amazon / Health food store/ Costco	Link

✓	Item	Where to Get It	Shop Link
<input type="checkbox"/>	Colloidal Silver <i>Natural antimicrobial support</i>	Health food store / Amazon	—

7 — Home, Sanitation & Communication

✓	Item	Where to Get It	Shop Link
<input type="checkbox"/>	Portable Toilet or Bucket with Liner Bags <i>For when sewage systems are down</i>	Amazon / Camping store	—
<input type="checkbox"/>	Toilet Paper (large stock) <i>Store in sealed bags to protect from moisture</i>	Costco / Sam's Club	—
<input type="checkbox"/>	Hand Sanitizer (large supply) <i>Use when water for handwashing is limited</i>	Costco / Walmart	—
<input type="checkbox"/>	Bar Soap / Liquid Soap <i>For hygiene without running water</i>	Grocery store	—
<input type="checkbox"/>	Bleach (unscented) for sanitation <i>Diluted: 1 tsp per gallon for surface disinfecting</i>	Grocery store / Walmart	—
<input type="checkbox"/>	Trash Bags (heavy-duty) <i>Waste management & waterproofing</i>	Grocery store / Costco	—
<input type="checkbox"/>	Rubber Gloves <i>Sanitation, debris handling, and chemical protection</i>	Grocery store / Amazon	—
<input type="checkbox"/>	N95 Masks (non-nuclear use) <i>Smoke, dust, airborne illness</i>	Amazon / Pharmacy	—
<input type="checkbox"/>	Physical Address Book <i>Important contacts written down — phones die</i>	Dollar store / Amazon	—
<input type="checkbox"/>	Printed Emergency Plan <i>Meeting points, family contacts, evacuation routes</i>	Print at home	—
<input type="checkbox"/>	USB Drive with Digital Document Copies <i>Backup of all important files — keep updated</i>	Amazon / Best Buy	—
<input type="checkbox"/>	NOAA Weather Radio (battery / hand-crank) <i>Emergency alerts without internet or cell service</i>	Amazon	—
<input type="checkbox"/>	Prepaid Burner Phone (charged) <i>Backup communication if primary phone fails</i>	Walmart / Best Buy	—

- ✓ Once complete, keep this printed checklist in your fireproof document bag alongside your go-bag.
-  Review and rotate food/water supplies every 6–12 months. Check expiry dates annually.
-  Designate an out-of-state contact that all family members can check in with during a crisis.
-  Grace and peace.