

Sample Personal Survival and Comfort Needs Checklist (Modify according to your own situation)

- Suitable size backpack or duffel bag for clothing and personal gear
- Plastic storage tub for food, cooking gear
- Toilet kit -- soap, comb, deodorant, shampoo, toothbrush, toothpaste
- Toilet paper in zipper-lock freezer bag
- Small towel and washcloth
- Lip balm
- Facial tissues
- Sunscreen
- Insect repellent
- Prescription medications (1 week supply)
- Copies of medication and eyeglass/contact lens prescriptions
- Spare eyeglasses or contact lenses and supplies
- Hand lotion for dry skin
- Small first aid kit
- Non-prescription medications, including painkiller, antacids, anti-diarrheal, etc.
- Extra basic clothing -- shirts, socks, underwear
- Gloves, for protection or warmth
- Pocket flashlight
- Folding pocket knife
- Sleeping bag, closed-cell foam pad or air mattress, pillow
- Ear plugs (soft foam type in sealed package)
- Black eye mask
- Outer clothing for season and conditions (rain gear, parka, hat, face mask, etc)
- Hard hat
- Reflective vest, hat
- Travel alarm clock
- Chemical light sticks
- Police or signal whistle
- Dust masks
- Phone/email/address list for family, friends, neighbors, physician, pharmacy
- Emergency contact/medical information card in your wallet
- Spare car and house keys
- High energy or high protein snacks
- Food -- Freeze-dried or MREs
- Coffee, tea, drink mixes