

The Mass Haulers “Preparation is Key” Checklist

Water & Hydration

- **Stored Water:** Minimum 1 gallon per person, per day (aim for a 14-day supply to start).
- **Filtration System:** Gravity-fed water filter (e.g., Berkey) or portable micro-filters (e.g., Sawyer Squeeze).
- **Purification:** Iodine tablets or unscented household bleach.
- **Storage Containers:** BPA-free, heavy-duty water storage bricks or barrels.

Food & Cooking

- **Shelf-Stable Food:** 30-day supply of MREs, freeze-dried meals, and canned goods.
- **Preparation:** Manual can opener (buy two, they break).
- **Off-Grid Cooking:** Propane camp stove, butane burner, or a solar oven.
- **Fuel:** Extra propane canisters or seasoned firewood.
- **Seed Bank:** Heirloom seeds for long-term food sustainability.

First Aid & Health

- **Trauma Kit:** Tourniquets, pressure dressings, and clotting sponges.
- **Basic First Aid:** Bandages, antiseptics, burn gel, and splints.
- **Medications:** Minimum 30-day backup of critical prescriptions, plus OTC painkillers and antihistamines.
- **Sanitation:** Heavy-duty contractor trash bags, 5-gallon buckets (for emergency toilets), and hand sanitizer.

Power & Communications

- **EMP Protection:** Faraday bags or a homemade Faraday cage for critical small electronics.
- **Off-Grid Power:** Portable solar panels and a high-capacity portable power station.
- **Lighting:** Headlamps, tactical flashlights, and plenty of extra batteries.
- **Information:** Battery-powered or hand-crank emergency NOAA radio.

Security & Shelter

- **Warmth:** Mylar emergency blankets, sub-zero sleeping bags, and insulated clothing.
- **Fire Starting:** Magnesium fire starters, waterproof matches, and reliable lighters.
- **Navigation:** Physical topographical maps of your local area and a compass.
- **Defense:** Appropriate home security measures and training for your family.