

**"The greatest risk in life
is to wait for and depend
upon others for your
own security."**

-Denis Waitley

12 Disaster Survival Essentials

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12 Disaster Survival Essentials

Being prepared for a disaster emergency is essential for survival. If you're just getting started with your survival preparation, it's important to know the essentials. There are hundreds of items you can purchase to go in your survival storage, but there are some you absolutely must have.

In this report you'll learn the most important survival items you can have. This is enough to help you get started. Once you've obtained these items, you can begin to add more and more to your survival cache.

Water. Water is the most important nutrient you can have. It's important to have water stored that you can immediately drink. For survival, you'll need one gallon of water per day per person.

It can be hard to store enough water for a long period of time because it takes up a lot of space. Store as much as you can and then make sure you have water purification tablets so that you can purify other sources of water.

Also consider that water is used for flushing toilets, brushing teeth, and bathing. It's a good idea to have a separate water storage for these functions. Storing water in barrels outdoors can work well.

You just need to make sure that you have a barrel that's food grade and free from BPA. You should also make sure that the barrel is clean inside. If you fill the barrel with tap water, there's no need to purify the water because it's already been chlorinated.

However, if you use another water source, you need to make sure that you treat it with chlorine. You should also make sure that if you need to drink water from a barrel, you heat it to at least 160 F for at least 30 minutes or 185 F for 3 minutes.

Nutrition. Nutrition is critical to surviving in any disaster. You must have a supply of food. Most people begin with a 3-day supply of food and then increase the supply so that they eventually have a year of food stored.

There are many different ways to store food. Some people choose to buy prepackaged kits with all you need for a specific period of time. Others like to purchase MRE meals that are military style.

Still others prefer to choose foods that they would normally eat and rotate them throughout the year. It's important that you try to store some things you know you like to eat. If you don't like the food now, you won't like it later.

Prepackaged kits and MREs are more expensive than putting together your own supply, but the convenience can be worth it. Make sure you try some of the foods

before you order a large quantity to make sure you and your family like it.

Backpack. A backpack is essential for storing a 3 day emergency kit. It will allow you to carry supplies for a long period of time. A backpack allows weight to be distributed evenly across your body and leaves your hands free for other things.

When buying a backpack, you want to get the highest quality you can afford. Purchasing a backpack with an aluminum frame will provide more weight distribution and support.

It's also good to choose a backpack that has many external pockets to store items you need to get to quickly. It can also be helpful to have MOLLE loops. These are strong loops that allow you to clip equipment to the outside of your pack.

Many packs also come with a hydration system that includes a bladder and tubing so that you can drink while on the move. This is another feature that's worth the added expense.

With a backpack, you shouldn't cut cost corners. The investment you make will be worth it when you need a rugged pack that can stand up to difficult situations. Everyone in your family should have a backpack that's appropriate for their size.

Lighting. In a disaster emergency one of the first things to go is power. You'll need to have a source of light in order to survive. A flashlight with batteries is helpful, but batteries can drain and then you're left without light again.

A good hand crank flashlight is a more reliable source of light that's powered by you instead of external energy. You can also find hand crank flashlights with USB ports that can power your phone, tablet, and GPS unit.

A lantern is also helpful for lighting a larger area. You can find battery powered lanterns with LED lights that will last a long time. Kerosene lamps are also good for survival because they'll burn for a long time with a small amount of fuel.

Fire Starter. The ability to start a fire is important in a disaster situation. Fires can provide warmth, light, and the ability to cook. But if you can't get one started you'll miss out on these benefits.

Waterproof matches are the least expensive way to go. You can dip matches in paraffin to keep them from getting wet and then store them in a watertight container with a strike strip.

You can also purchase a steel fire starter that comes with a magnesium rod and tool to scrape it that will start a spark and help you to light the fire. Solid fuel tablets made from hexamine that will help you to get a cooking fire going.

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A camping stove is also a helpful item to have so that you can cook items from the food you've stored.

Weather Radio. During a weather emergency, a weather radio can help you to stay abreast of what's happening in your area. You want to invest in a weather radio that can be powered by batteries, solar power and/or hand crank. This will allow you to get the news even when the power is down.

There are many units you can purchase that combine weather radio with AM/FM signal as well as a flashlight and phone charger. This all in one tool will be critical in a weather related emergency.

First Aid Kit. A first aid kit can help you to take care of minor medical emergencies when it's not easy to get to help. In a weather or disaster emergency, medical personnel get spread very thin.

It's helpful to be able to handle cuts, scrapes, broken bones, and other emergencies while you're waiting for professional care. You'll want to make sure you also know how to use your first aid kit.

Taking first aid classes and having a first aid handbook with your kit is a lifesaving choice. You can order premade first aid kits from many disaster survival supply companies or you can put one together yourself.

It's important to have a first aid kit at home and in the car so that you're never without it. This is also a good place to store a supply of prescription medications if you require them.

If you can't afford to buy all the first aid supplies you think you'll need, start small and add a little each time you get paid. Eventually you'll have a kit that can help in almost any medical emergency.

Map/GPS. If you're forced to travel due to a disaster, having a way to navigate is critical. GPS systems are the most precise way to find your location and get directions. However, you may not be able to use a GPS system in an emergency.

If you have a GPS system, make sure that you have way to charge it. But also have a backup plan. An old-fashioned map is very valuable in a disaster. Keep a map of your area in a water tight bag so that you can find your way if need be.

Also take the time to look at a variety of evacuation routes and mark them on your map so that when you're in the middle of an emergency you won't have to spend time thinking about where to go.

Multi-Tool. Having a multi-tool in your disaster supplies allows you to have many tools

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in a small space. A full-size multi-tool will contain items such as:

- Pliers
- wire cutters
- knives
- saw
- file
- screwdrivers
- can opener.

This tool will keep you from having to store individual tools that perform the same function. This can be placed in your backpack and used for an evacuation and you'll find it to be very useful.

Don't skimp on cost with a multi-tool. You want a high quality tool that isn't going to break the first time you use it. Expect to pay around a hundred dollars for a high quality tool that meets all of your needs.

Shelter. Shelter will be essential during a disaster. There are different types of shelter to consider depending on your needs and your geographic location. Many people want to have a permanent structure that will protect them from tornadoes as well as chemical or nuclear fallout.

An underground shelter made of steel or concrete is optimum. You can expect to invest thousands of dollars to create such a shelter. If that's not an option for you, there are some measures you can take that will help you to stay safer.

In the event of some sort of air contamination, it's important that you have thick plastic sheeting and duct tape. These items can be used to seal off a room or an entire area of your home so that you can avoid coming in contact with dangerous chemicals.

For a tornado, you can preselect an area of your home that's as below ground as possible and without windows. If you don't have an area like that, a bathroom on the lowest floor of your home is your best bet.

You should also think about having shelter should you have to evacuate. A tent that will accommodate all the members of your family is the simplest and easiest way to make sure that you have shelter from the elements.

Keep your tent with your emergency kit so that you can grab it and go in an emergency. After purchasing a tent, make sure that you have opened it and set it up so that you know you have all the parts. You may also need to add waterproofing if that hasn't already been done.

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You'll be relieved during a disaster to know you have some sort of temporary shelter and that you know how to set it up.

Sanitation. Another key consideration during disaster survival is what to do with waste. Human waste can cause disease if not disposed of properly. The simplest way to handle waste is to have a 5 gallon bucket and trash bag liners.

You can use the bucket as a makeshift toilet and then dispose of the trash bags. You can also purchase camping toilets that are basically the same thing, but with a more comfortable design.

If you're going to be camping outdoors for an extended period of time, building a latrine is a good way to manage sanitation. A latrine is basically a pit you dig that's at least four feet long and one foot wide.

You'll want to dig below ground about 6 inches. You can use sticks to create a place to sit when going to the restroom over the pit. After going to the bathroom, you can cover waste with soil to keep the odor from getting strong. When you leave the location, you can fill in the hole.

Protection from Sun. If you're outdoors, the sun can be both your friend and your worst enemy. The sun can help you to stay warm, can be used for a solar oven, and will light your way. But it can also cause your skin to burn and dehydrate your body.

It's essential that your emergency supplies contain sun protection supplies. This includes sunscreen as well as a wide brimmed hat. Remember that even during the winter you can experience sun damage.

If you're out in the sun, make sure you have adequate drinking water to replace fluids that are being lost. You should also make sure that you have long sleeve clothing and long pants to protect you from the sun's rays.

Start Building Your Survival Stores

Now that you know the most essential items you need for survival, it's time to start adding them to your survival storage. Most people can't afford to purchase everything at once. But what you can do is create a plan to purchase a little at a time.

Set aside a specific amount of money in your budget each month and buy what you can until you have everything you need. Start by making sure you have what you need for a 3 day survival kit, then add more and more.

Prepper Resources

[**Ammo Independence: The Shooters Guide To Reloading**](#) - Guard Against Shortages.

[**Expert Prepper's Ultimate Survival Guide**](#) - Critical Information For Possible Events.

[**Family Survival Plans**](#) - Survivalist And Prepper Planning.

[**37 Things That Sell Out After A Crisis**](#) - Prepare Yourself With Food, Off-Grid Energy and Self-Defense Techniques.

[**Emp - Electromagnetic Pulse Survival Guide**](#) - Learn How To Prepare For And Survive An Emp (electromagnetic Pulse) Attack.

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