90-Day Checklist

- Months with no resupply. Calories alone aren't enough now. You need fat, protein and vitamin C, or people get sick. Without vitamin C, scurvy shows up in 4 to 6 weeks.
- Everything wears out or gets used up: filters, extinguishers, bleach, batteries. Buy spares and rotate what spoils.
- Waste, water and fire make a long stay at home harder every week. One household can't keep a night watch alone for months. Plan the people: neighbors and trusted friends, their skills, and when and where you would leave.

People in household: _____ Pets: _____ Last checked: _____

Amounts in bold are what to have for 90 days, per person unless they say otherwise. Multiply by the people in your house, or use the sizing helper on the Prep List page.

Water

Why: Most of your water will come from a source you collect and treat. Treatment supplies wear out; keep spares.

- [ ] Drinking water stored, 1 gallon per person per day
  at least 30 gallons per person, plus a source and treatment for the rest (90 gallons per person in all)
- [ ] Food-grade containers, sealed and dated; replace stored tap water every 6 months
- [ ] Bathtub water bladder, filled at the first sign of trouble, before the pressure drops
  1 per household
- [ ] Know how to drain the water heater tank (shut the main water valve first)
- [ ] Plain unscented bleach (6 to 8.25 percent) and a dropper. 8 drops per gallon (6 drops at 8.25 percent), double if cloudy, wait 30 minutes. Replace every year
  2 gallons per household
- [ ] Water filter that removes bacteria and parasites. Chlorinate filtered water too: most filters don't stop viruses
  1 per household, plus 2 spares
- [ ] Two food-grade buckets marked DIRTY and CLEAN, and coffee filters to strain cloudy water first
  1 set per household
- [ ] A water source you can reach, and a way to collect it: rain barrels and a gutter diverter, or a nearby stream. Folding jugs to carry it
- [ ] Water for washing, kept apart from drinking water. It doesn't need to be drinkable: 0.5 to 1.5 gallons per person per day
  45 to 135 gallons per person
- [ ] Calcium hypochlorite granules (pool shock with nothing added), stored dry and away from all fuel. 1 heaping teaspoon in 2 gallons makes a stock; 1 part stock to 100 parts water
  1 lb per household
- [ ] Free chlorine test strips (0 to 5 parts per million)
  2 packs per household
- [ ] Extra water for pets

Food

Why: The mix matters now. Grain and beans alone are low in fat and vitamins. Children can't eat enough plain grain to grow.

- [ ] Food that needs no cooking and no fridge: cans, peanut butter, crackers, dried fruit, bars. About 2,100 calories per person per day
  the first 7 days of it, so you aren't cooking in the first chaos
- [ ] Grain: rice, oats, pasta, wheat. About ¾ lb per person per day
  about 70 lb per person
- [ ] Dry beans or lentils. About 3½ oz per person per day
  about 20 lb per person
- [ ] Cooking oil. About 3 tablespoons per person per day
  about 1 gallon per person
- [ ] Peanut butter. About 2 tablespoons per person per day. Keeps only 6 to 9 months, so eat and replace it
  about 6 lb per person
- [ ] Canned meat or fish. About 2 oz per person per day
  about 11 lb per person
- [ ] Salt, some of it iodized. About 1 teaspoon per person per day
  about 1 lb per person
- [ ] Bouillon, spices, sugar or honey, so weeks of rice and beans stay edible
- [ ] Multivitamin, 1 per person per day
  90 per person
- [ ] Vitamin C tablets, low dose, 1 per person per day
  90 per person
- [ ] Sprouting jar. Sprouting dry beans or lentils for 2 days makes vitamin C
  1 per household
- [ ] Manual can opener
  2 per household

- [ ] Baby formula and baby food, if needed (ask your pediatrician for daily amounts)
- [ ] Pet food, in sealed containers (see the sizing helper)
- [ ] Date everything. Eat the oldest first and replace it

Medicine and trauma care

Why: You are the clinic. Books, skills and spares matter as much as supplies.

- [ ] Prescription medicines (ask your doctor or pharmacist how to keep an extra supply)
  as much extra as your doctor allows; know what you'd do without them
- [ ] Written list of each person's medicines, doses, allergies and doctors
- [ ] Spare glasses or contacts, and reading glasses
  2 spare pairs per person who needs them
- [ ] First aid kit
  1 per household, 1 per car
- [ ] Trauma kit: 2 tourniquets, 3 pressure bandages, clotting gauze, chest seals, gloves, trauma shears
  1 per household, 1 per car, plus 1 spare
- [ ] Over-the-counter medicines: pain and fever, diarrhea, oral rehydration salts, allergy, antibiotic ointment
  three months' worth
- [ ] Medicine that needs a fridge: a plan to keep it cold, or a backup
- [ ] Backup plan for any medical equipment that needs power
- [ ] Training: first aid and CPR
  at least 1 adult
- [ ] Training: a bleeding control course (Stop the Bleed)
  every adult
- [ ] Medical books on paper or offline (the Survival Vault has Where There Is No Doctor)
- [ ] Temporary dental filling material and clove oil for tooth pain
  1 per household

Security

Why: A watch has to run every night for months. That takes about 4 to 5 trusted adults taking shifts. One household can't do it alone for long.

- [ ] Tell nobody what you have. Not neighbors, not friends, not online
- [ ] Stay unnoticed: no light, noise, cooking smell or running generator that shows you have what others don't
- [ ] Blackout curtains or covers for every window you use at night
- [ ] Door reinforcement on every outside door: strike plate and hinges held with 3-inch screws, jamb reinforcement, a solid deadbolt
- [ ] Brace or bar for each outside door that opens inward, built and stored ready to install
- [ ] Garage door: clamps to lock it in its tracks, and stop the emergency release from being pulled from outside
- [ ] Harden from the inside only. Never board up the outside; it says there is something worth guarding
- [ ] Motion-activated solar lights on the approaches (light the approach, not your windows)
  4 per household
- [ ] Binoculars
  1 per household
- [ ] Night watch: someone awake every night, with a way to wake the house
  a rota of about 4 to 5 trusted adults
- [ ] Household rules agreed in advance: who comes in, who answers the door, when to leave. Talk first; calm words end most confrontations
- [ ] Firearm for each adult on the watch: an AR-15 platform or other long gun, or a handgun (such as 9mm)
- [ ] Ammunition: at least 500 rounds per caliber you own
  at least 500 rounds per caliber, plus more for practice
- [ ] Spare magazines, a cleaning kit per caliber, hearing and eye protection
- [ ] Training: regular practice for anyone who will handle a firearm
  every adult on the watch

Fire

Why: Each extinguisher is used up after one use, and every fire takes one or two. Plan for more than one fire.

- [ ] Smoke alarms on every level and in sleeping areas, carbon monoxide alarms near bedrooms, all working on batteries
- [ ] Fire extinguishers, at least 3-A:40-B:C
  2 at each likely fire spot, plus spares
- [ ] Everyone knows PASS (pull, aim low, squeeze, sweep) and the five-second rule: if it isn't going out in 5 seconds, get out and close the door
- [ ] Fight fire in pairs, each with an extinguisher. Never alone
- [ ] Gas shutoff wrench tied at the meter; everyone knows the gas, water and power shutoffs. Never turn gas back on yourself
- [ ] Pot lids or a fire blanket for pan fires. Never water on grease

- [ ] Escape ladder for any upstairs bedroom with only one way out
  1 per such room
- [ ] Water for fighting fire that isn't drinking water: a barrel or filled buckets
  at least 1 barrel or several buckets
- [ ] Backpack pump sprayer (5 gallons) for embers and hot spots
  2 per household
- [ ] Leather work gloves, a shovel and a pry bar
  gloves for each adult; 1 shovel and pry bar
- [ ] Nothing burnable against the outside walls: bins, cardboard, firewood, propane
- [ ] Charge batteries and power stations on a hard surface, never unattended or overnight

Sanitation and hygiene

Why: Waste can't sit by the house for months. Plan where it goes, away from any water source, and keep pests down.

- [ ] Two-bucket dry toilet: urine in one lidded container, solids in a bag-lined bucket with a seat, covered after each use with sawdust, pine pellets or soil
  1 setup per bathroom you'll use
- [ ] Cover material (sawdust or pine pellets)
  measure your use in a test weekend; buy to match
- [ ] Heavy contractor bags
  enough for your tested use, plus extra
- [ ] Lidded metal cans outdoors for sealed waste bags (rats can't chew through), away from doors and windows
  2 per household
- [ ] A plan for where waste goes when the cans fill, away from any water source
- [ ] Toilet paper, about 2 rolls per person per week (an estimate; count your own)
  about 26 rolls per person
- [ ] Soap, and hand sanitizer with at least 60 percent alcohol
- [ ] Handwashing station by each toilet: jug with a spigot, soap and a basin
- [ ] Period supplies
  three months' worth, or reusable ones
- [ ] No-rinse body wash and shampoo, washcloths, basins; toothbrushes and toothpaste
- [ ] Bleach or disinfectant for cleaning (separate from water bleach)
- [ ] Rat traps and fly traps
- [ ] Laundry kit: bucket, plunger washer, wringer, line and pins, low-suds soap
  1 per household
- [ ] Never burn trash: it starts fires and the smoke is toxic

Light, power and cooking

Why: Fuel runs out too. Solar power that runs an electric cooker needs no fuel and makes no flame or fumes.

- [ ] Flashlight
  1 per person
- [ ] Headlamp
  1 per person
- [ ] Spare batteries for every light and radio
  rechargeable batteries, a charger and spares
- [ ] Phone battery pack
  1 per person
- [ ] Portable power station and folding solar panels
  1 set per household
- [ ] A way to cook dry food: an electric cooker on battery or solar, and an outdoor stove or grill with fuel
  fuel: run a test week to learn how much you use
- [ ] Never cook or heat with flame indoors, even with windows open. Store propane outdoors, upright, valve closed
- [ ] No candles. Use battery lights
- [ ] Warm blanket or sleeping bag, warm clothes and sturdy shoes
  1 set per person

Communications and family plan

Why: News and coordination come by radio, and from people you already know nearby.

- [ ] Hand-crank or battery weather radio (National Oceanic and Atmospheric Administration alerts)
  1 per household
- [ ] Contact list on paper: family, doctors, schools, work
- [ ] One contact out of the area everyone checks in with
- [ ] Two meeting places: one near home, one farther away
- [ ] Phones set to receive emergency alerts
- [ ] Handheld two-way radios, with agreed channels and check-in times
  1 per adult
- [ ] Ham radio license and a handheld ham radio (a license is needed to transmit on ham bands)
  at least 1 adult
- [ ] Survival Vault on a phone and on a drive; spare drive and a radio in a metal box or Faraday bag
- [ ] Paper maps of your area

Documents and cash

Why: Useful goods become money. Extra salt, soap and batteries trade.

- [ ] Cash in small bills
  more; a month of essentials
- [ ] Copies of IDs, insurance, property and medical records in a waterproof container you can grab
- [ ] Password-protected digital copy of the same
- [ ] Check your insurance (standard home policies don't cover floods)
- [ ] Extra trade goods: salt, soap, batteries, lighters
  a small stock

People, and when to leave

Why: The strategy is people and organization, not just supplies. Find like-minded neighbors and friends now, and plan where you'd go.

- [ ] Go-bag for each person, packed and kept by an exit
  1 per person
- [ ] Pet carrier for each pet, easy to reach
  1 per pet
- [ ] Car fuel kept above half; keys in a fixed place
- [ ] Two ways out of the house, and everyone knows the second one
- [ ] Small kit in the car and at work, enough for 24 hours
- [ ] Leave triggers decided in advance: a fire you can't stop, water running out, the house no longer safe
- [ ] Where you'd go, and two routes there
- [ ] A community emergency response course (CERT, or your city's version)
  at least 1 adult
- [ ] Neighbors and trusted friends you can count on, with useful skills (medical, mechanical, security), organized before you need them
- [ ] Budget extra food and water for 1 or 2 more people who may join you
- [ ] Check supplies, dates and batteries every 6 months

Sources: FEMA, *Are You Ready?*; Ready.gov supply kit checklist; CDC and Environmental Protection Agency emergency water treatment guidance; World Health Organization Technical Notes 7, 9 and 10; Camp Management Toolkit; *Nuclear War Survival Skills*; *LDS Preparedness Manual*; FEMA CERT Participant Manual and a city fire department neighborhood response manual; US Department of Agriculture FoodData Central; the Survival Vault's gear lists and topic pages. Most are in the Survival Vault.

Survival Vault Prep List, 90 days. This site is licensed under CC BY-NC-SA 4.0 (Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International).