

Emergency Stockpile List

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Most of us have never needed to survive an extended emergency situation or a time when the conveniences of normal everyday life are no longer available. Not having heat, lights, running water, shelter from the elements and food would devastate most families. The truth is, we as comfortable satisfied Americans don't know what it's like to sacrifice. The following Emergency Stockpile List could never prepare you for all emergencies, but it can help you start thinking about what you might need, just in case. Some of the things on the list you may already have and some of the things on the list may just not be relevant to you. There are six headings on this list and I have put them in what I consider to be the order of importance.

Family and Friends

This may seem strange in a self-centered, self-reliant, self-indulgent, "me-me-me" society, but it's crucial for survival. If you have family and friends, it makes the smaller challenges seem like no problem at all and even the most devastating circumstances become manageable when shared with loved ones. If you don't have close family or friends, I recommend you join a prayer group. A group of people dedicated to helping each other through prayer will, over time, become sensitive to the needs and concerns of the individuals of the group as well as the group overall. This is also a place where the higher cost items can be purchased and shared to benefit more than just one person. You might want to start a food pantry at church to help those in need, just a little something to make it to the next payday. There are many ways to use the buying power of a group to get more for your money. For whatever reason, use the power of, the assets of, and the talents of a group, because everyone will benefit.

Water

Water is simple: one gallon per person per day, that's it. The thing is, when it doesn't come out of the faucet, you have to be sure it's drinkable. One solution is bottled water. And the best way to stockpile water is in one-gallon jugs. Gallon jugs store best in those plastic milk containers, four bottles to a container that stacks to conserve space. Remember, one gallon per day per

person adds up quick. Ten people for ten days equal one hundred gallons of water. Also, one gallon of water weighs about eight pounds, so ten people for ten days equal eight hundred pounds. Another suggestion is chemical treatments. Bleach, iodine, and other chemicals kill most of the bacteria in water, so it's a good idea to keep some of these handy, if your stockpile is focused on ten or more people for an extended period of time. Another method for clean water is filtration. There are many filters on the market that are either gravity-fed or use a mechanical pump. They work well, especially when combined with chemical treatment. The very best method, and this is where family and friends help each other if you are thinking long-term, is a portable solar-powered ultraviolet water purifying system. These are expensive, but they are no bigger than a suitcase, need no electricity, and can supply about one hundred gallons of clean water per day.

Food

Food, like water, is basically simple. You need about 1200-1500 calories per person per day to survive. There are many kits available that contain water and 200-calorie power bars to sustain two to three people for two to three days. You can purchase larger kits for more people and for a longer period of time. If you are considering stockpiling food for a group of people for a serious amount of time, it's a good idea to consider canned foods and dried or powdered foods instead of the expensive power bars. Remember, these items will take up a larger space but you will have a greater variety and more control over your food resources. Items such as powdered milk, powdered drink mixes like Gatorade, powdered eggs, canned meats, dried meats, and peanut butter are all good options. Just have everyone in the group make a list of what they think would be necessary to survive an extended emergency. NOTE: Don't forget the can opener.

The Victory Garden

During World War II, the American people were called upon to sacrifice. There was rationing and there were shortages of many commodities and goods. One of the

benefits of this sacrifice was the implementation of the victory garden. This garden was a family and community project. The use of this type of a shared food source can be very beneficial in times of emergency. It doesn't take a large space and you will be surprised what can be grown in as small as a 10' x 10' garden. This small space is capable of supplying a tremendous amount of delicious homegrown tomatoes, summer squash, and fresh onions. If a neighborhood pulls together and plants a larger garden plot, the savings and the fruits and vegetables can benefit many people.

Another suggestion might be to replace ornamental flowers, trees, and shrubs in the landscape with trees and plants that produce food. There are many good books and eager farmers that can give you insight and wisdom on planting and harvesting food crops.

Clothing

Each person needs a minimum of one change of clothes. Add to that a pair of thermal underwear, one blanket, and an extra pair of shoes. The shoes need to be heavy-soled, either hiking or work boots, preferably lace-up and Gortex-lined to be waterproof. Remember, layers will keep you warmer, so if you have a thermal top covered with a t-shirt covered with a long sleeve shirt covered with a jacket or coat, you will be able to adjust your temperature by removing or adding layers. It's just much more practical and much more comfortable. It wouldn't hurt to include a hat, scarf, and gloves. A baseball-type cap will also help shield you from the sun, but your ears are exposed, so a wide-brimmed hat is better.

First Aid

Most of us have an assortment of over-the-counter products we use occasionally for the scrapes, cuts, pains, and ailments of everyday life. Most of us, however, are not prepared for an emergency. If there were no hospital emergency room at our disposal, what would we do? There are many types of prepackaged first aid kits available, from small to large and from affordable to expensive. Unlike food and water, a first aid stockpile is not based on the number of people and number of days. It is based on the number of people plus the magnitude of the emergency. When faced with a large scale emergency, your compassion should reach out to help as many people as possible, so the amount of your first aid stockpile should be as much as you can afford. One company, QuakeKare (<http://www.quakekare.com>) has kits for all budgets. The Trauma Central Supply Kit comes

in a five-gallon plastic bucket and costs about \$200. As with any kit, you will probably want to supplement it with products it does not include. The following list will help you put together an emergency first aid supply kit that is portable and right for you. Use your group's resources. If you know someone in the medical industry, talk to them. Their experience will be beneficial. **You will need a good, basic first aid book.** It is also helpful to have as many in your group as possible take classes in first aid and CPR. An easy place to find out about this is <http://www.redcross.org>

Ace (elastic) bandage (4")

Activated charcoal (contact your local poison control center)

Adhesive tape (½", 1", and 2" widths)

Ammonia inhalants

Analgesic cream (camphophenique, etc.)

Antacid (Tums, Pepto-Bismol, etc.)

Anti-diarrheal (Immodium, etc.)

Antihistamine (Benadryl, etc.)

Antiseptic Ointment (Neosporin, etc.)

Bandages (come in many shapes, sizes, and kinds)

Band-aids (one box each of assorted sizes and widths)

Butterfly sutures (leukostrips)

Blankets (probably ten)

Box of maxi-pads

Cold packs and hot packs (instant and reusable)

Cold/Flu tablets (Nyquil, etc.)

Cotton balls and cotton swabs

Cough Syrup and Drops (Robitussin, etc.)

Decongestant (Actifed, etc.)

Dental floss (unwaxed)

Eyedropper and turkey baster (for the big job)

Eye wash (sterile saline solution)

Gauze Bandages (2"x2", 3"x3", 4"x4", 18"x36")

Gauze Rolls (assorted widths)

Gauze Sponges (4"x4")

Gloves (disposable, surgical type)

Inflate-a-shield CPR mask

Isopropyl Alcohol (70% and 90%) plus moistened towelettes or prep pads

Laxative (Ex-Lax, etc.)

Lip Balm (Chapstick, etc.)

Magnifying glass or jeweler's visor

Nail clippers

Nausea or Motion Sickness (Dramamine, etc.)
Pain Relievers (aspirin and non-aspirin)
Petroleum Jelly
Providence-iodine (ointment packets)
Radiation Protection (Potassium Iodate or Potassium Iodide)
Razor blades (single edge)
Safety pins (assorted sizes)
Scalpel
Scissors (pointed, surgical)
Second-skin bandages (for burns)
Sewing kit
Soap (surgical, antibacterial) and betadine solution
Splints (aluminum finger splints and SAM splints)
Sunburn Relief (Solarcaine, etc.)
Tefla Pads (2"x3")
Thermometer (disposable or digital, no breakables containing mercury)
Tongue depressors
Toothache Relief (Anbesol, etc.)
Triangular bandages
Tweezers and 6" hemostats (locking pliers)
Vomit Inducer (Ipecac, etc.)

No list could ever be absolutely complete. As you go over this list and start to assemble your kit, you will no doubt find more items that you want to include. Remember, white five-gallon sealable plastic buckets are not only lightweight, stackable, and waterproof, but you can label the lid with a black marker for easy reference.

Shelter

A house is not a home without a four-man tent. If you plan for a four-man tent for every three people, with the Grace of GOD, you may only have to put six people to a tent. In a time of emergency, make-shift shelter is often the only shelter some people have. Sleeping on the ground in inclement weather is more than uncomfortable; it can also be unhealthy. So many things are needed. It is impossible to give a complete, precise list. So we're going to give you some ideas to help you improvise when the emergency arises. GOD be with you.

Aside from the tents, you will need many of the items listed below:

Assorted camping supplies (knives, forks, spoons, plates, cups, pots, pans)

Axe
Baking soda
Bleach (no additives, unscented)
Buckets, 5-gallon (several)
Candles (plumber's candles burn longer)
Cash
Cell phone
Duct tape
Emergency radio (a solar-powered or hand-cranked radio/flashlight/cell phone charger combo)
Flares
Hammer and nails
Hand saw/Limb saw
Kitchen matches (10 boxes strike anywhere)
Lantern and flashlights (non-battery type or battery type with supply of batteries)
Matchlight charcoal (at least 10 pounds)
Personal medications
Plastic trash bags that fit a 5-gallon bucket (latrine)
Portable shower (sold at most sports stores - use black, plastic jugs and the sun to heat water)
Rope (at least 100 feet)
Shovel
Sleeping bags
Trash bags (large)
Waterproof container for matches
Waterproof tarps (can be made into tents with a little rope and imagination)
Work gloves

While far from complete, this should give you somewhat of an idea of the things necessary to survive in the event of an extreme emergency. Remember our best resource is the LORD and our most important possession is faith in Him. Pray daily and pray often with faith believing.

Other useful links:

<http://www.nationalterroralert.com>
<http://www.mayoclinic.com/health/first-aid-kits/FA00067>
<http://www.aqua-sun-intl.com/>
<http://www.ready.gov/>

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