

EMERGENCY KIT LIST...please print & retain...compliments FactorReady.com...

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NOTE: If you are planning to evacuate, be sure to take at least sufficient items needed to sustain the departure for a reasonable period of time.

Food/Water*

Bottled water (1 gallon per person per day) for 14 days* (see seychelle.com for filtered types)
Manual can opener* Non-perishable foods:* • Canned meat, fish, fruit and vegetables • Bread in moisture-proof packaging • Cookies, candy, dried fruit • Emergency Grab & Go Food (One popular choice is the economical 30 Day Food Storage Emergency Food Supply found under Food Supply Kits/Pail Kits at web site AugasonFarms.com. Also see the SuperFoods at LivingFuel.com for advanced nutrition, that can also serve as meals, as well as their Energy Bars, etc.) • Canned soups & milk • Powdered or single serve drinks • Cereal bars • Package condiments • Peanut butter, honey and jelly • Instant coffee and tea

Supplies*

• Flashlight (1 per person)* • Portable battery powered lanterns • Glass enclosed candles (not for use in shelters) • Battery powered AM/FM/Shortwave/Weather radio (with self-crank and solar charge ability such as the Kaito model KA500 from Amazon or others) • Battery operated alarm clock • Extra batteries, including hearing aids* • Ice chest and ice • First Aid Kit, including aspirin, antibiotic cream, and antacids* • Mosquito repellent • Sun Screen (45 SPF recommended) • Waterproof matches/butane lighter (not for use in shelters) • Money* • Plain bleach or water purification tablets* • Disposable plates, glasses, and utensils* • Maps of the area with landmarks on it*

Cooking:*

Portable camp stove or grill and a cook pan kit • disposable eating utensils, plates and cups, napkins and paper towels • aluminum foil • oven mitts • trash & food storage bags

Personal Supplies:*

*prescriptions and/or natural substitutes (1 month supply) • photo copies of prescriptions • toilet paper • a Bible and entertainment: books, magazines, card games, etc. • soap and detergent • toiletries • bedding: pillows, sleeping bags
• changes of clothing • frigid weather wear in event of no heat • rain ponchos and work gloves •
• extra glasses or contact lenses and the solutions needed for the contact lenses)
• Baby Needs:* • Disposable diapers* • formula, food and medication • clothing and blankets

Documents:*

• insurance papers: home/renters, automobile • proof of occupancy of residence (utility bills) • photo identification • photo copies of prescriptions (medications and eyeglasses/contacts) • medical history information
• waterproof container for document storage • back-up disks of your home computer files • camera and film to document damage to home/belongings
Pet supplies (remember - most shelters do NOT allow pets - plan to board them with a veterinarian or local humane society)
• dry and canned pet food for two weeks • water (1/2 gallon per day per pet) • litter box & supplies • traveling cage

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Other necessities:

A portable generator would definitely be an asset (see at our web page under Power Tab for the Crank-a-Watt™ units from PrestoWind.com. They offer clean, safe and silent emergency power for anytime, anyplace usage, that you can even manually recharge!)

• tools: hammer, wrenches, screw drivers, nails, axe, saw, pry bar • trash bags (lots of them)
• cleaning supplies • plastic drop cloth, sleeping bags and/or portable camping tent • life vests in event of flooding. • Insect repellent and mosquito netting • ABC rated fire extinguisher • masking or duct tape sufficient to air seal a safe room, gas masks or N95 face filter masks • outdoor-rated extension cords • spray paint to identify your home if necessary • one of your home phones (many people lost theirs during Hurricane Andrew, even though their phone service still worked)

Some means of self defense.

Communications:*

Acquire a Ham Radio FCC license and a Amateur Hand Held Transceiver Radio (battery operated) for useful and emergency communication means (download the HamRadioNotes of article at FactorReady.com under the Downloads tab)

Please Stay Prepared:

Stay Prepared for Any and All Factors That You Can! Even if Christian, what if the Rapture itself occurred at the mid-trib or pre-wrath point, rather than pre-trib? There are serious studies that indicate this could be the case. ...So Stay Prepared, Stay Well and Stay Prayed Up! Note: See all of our Emergency and Health tips and Resources at FactorReady.com and visit often for updates and new articles. And May the Good Lord take a liking to ya! PS: Definitely look into our Earthing/Grounding article under Downloads (in the Health Tips folder) in your efforts to Stay Well...



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