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FailSafeSurvival.com

FAIL SAFE SURVIVAL

STAY READY CHECKLIST

Hi, my name is Hank. This checklist guide is based on my experience as a survivalist and modern prepper. Additionally, many of the links and suggestions here come from a training from members of the Church of Jesus Christ of Latter-day Saints.

Within this list, I've tested most items and am satisfied with their performance. However, there are a few items I haven't tried yet, but they are included based on recommendations from survival training and other reliable sources. I will be regularly updating this sheet based on my research and your suggestions.

HOW TO USE THIS GUIDE:

1. Review the Lists:

Start by clicking on the tabs below and reviewing all the items. Get a brief overview of everything before you make any purchases.

2. Prioritize Your Weak Areas:

Most people can't purchase everything at once, and that's okay. Identify the areas where you're least prepared and gradually gather the items you need.

3. Make Suggestions:

Feel free to click the "suggestions" tab at the bottom and send feedback to me.

4. Share the Knowledge

SHARE THE KNOWLEDGE:

You're welcome and encouraged to share this spreadsheet. All you need to do is copy the address below and give it to others. The more people understand survival and preparedness, the fewer will need assistance in times of crisis.

My own goal is to have extra resources to support friends, neighbors, and family. However, I know I can't help everyone, and neither can you. That's why it's vital we spread this message and get others to prepare as soon as possible.

Link Address to Share This Checklist:
<https://failsafesurvival.com/stay-ready-checklist/>





OUR MISSION:

Fail Safe Survival's mission is to empower people to be prepared for any disaster that may come. To help us grow, we may earn a tiny commission if you choose to purchase through one of our links. This commission doesn't affect your price, but it does help support our dream to reach more people with essential preparation knowledge.



DISCLAIMER:

The information provided in this spreadsheet is for general informational purposes only and is not intended as medical or financial advice. Please consult a qualified professional for guidance specific to your personal health or financial situation.

TABLE OF CONTENT

01

Food Storage & Preperation

- Grains
- Vegetables
- Fruit
- Milk, Eggs, Sugar, Honey, Salt
- Meat and Protein
- Kitchen Tools

05

Water Storage, Capture & Filtration

- Water Storage
- Water Capture
- Water Filtration

08

Fuel Sources

- Cooking and Fuels
- Small Batteries and Solar Panels
- Electric Ovens and tools (powered with battery)
- Heating and Warmth

11

Clothing (cold weather focused)

- Base Layer
- Second Layer
- Third Layer
- Outer Layer
- Socks, Hats, Gloves

16

Nutrition, First Aid, Sanitations

- Nutrition
- Medications and First Aid
- Sanitation

19

Outdoor Sleeping, Camping, Backpacks

- Tents
- Sleeping Bags and Pads
- Backpacks

22

Light and Communication

- Flash Lights
- Candles
- Communication

24

Useful Tools

- Tools

25

Suggest A Product

- Fill out this form to suggest a useful product to add here.
- Have a question or concern about something on this list

FOOD STORAGE & PREPERATION

FOOD KEY POINTS

- Try to obtain three months of food you eat normally. Then get one year of longer term survival food, typically grains. It is advised you have about ~300 lbs/adult/year.
- Don't be overwhelmed in obtaining such a large amount. Start small. Don't go into debt to get this quantity of food.
- Church of Jesus Christ Home Storage Center (The Church of Jesus Christ of Latter-Day Saints sells food storage at good prices. You don't have to be a member of the church. Best deals if you live close and can pickup.)

GRAINS

Key Points:

- Hard beans and grain use a lot of fuel time to cook. Rice, oats, and flour are better for limited fuel situations.
- Parboiled rice and minute rice are fuel efficient. Can boil then seal steam normal rice for 25 minutes.



Rolled Oats



White Rice



White Wheat



White Flour



Hard Beans

VEGETABLES

Key Points:

- Go with freeze dried, 30 yr shelf life. Augason, Nutristore, Emergency Essentials.
- Aim to get 90 servings/person for 3 mos of once a day. This also equals about 1 serving every four days for one year.
- My suggestion is to buy the cheaper vegetables listed below unless your finances make variety easy.



Potato Shreds



Spinach



Chopped Onions



Tomato Powder



Corn



Vegetable Medley



Carrots



Peas

FRUIT

Key Points:

- Plant Fruit Trees and Vines If possible. These provide fresh and dried fruit with a shelf life of one year with outdoor drying.
- My suggestion is to buy the cheaper fruit like bananas and apples unless your finances make variety easy



Pineapple



Blueberries



Strawberries



Banana Chips

(usually affordable)



Apples

(usually affordable)

MILK, EGGS, SUGAR, HONEY, SALT

Key Points:

- Suggested to have 8 lbs of salt per person per year.
- Baking powder retains its functionality as a leavening agent for many years, under ideal conditions, and can be included in applications requiring long-term food storage
- Coconut oil kept dark and cool can last up to seven years; Hydrogenated oils (such as Crisco) 5 years; Peanut 3-4 years; Olive 3 years.
- Baking soda will store for a very long time in an air-tight, moisture-proof container in a cool (40°-70°), dry location. A one year supply of baking soda for 1 person to use exclusively in baking is approximately 1 pound as long as you are also storing 4 pounds of baking powder per person.



Cheese Sauce



Honey



Butter



Whole Eggs



Milk

MEAT AND PROTEIN

Key Points:

- Purchasing freeze-dried has a 25-yr shelf life but is extremely expensive. Links below, but only if financially makes sense.
- Tuna cans are good options because of convenience plus nutrients. Follow shelflife of 3-5 years and rotate.
- Freeze Dried Meats are very expensive, short term rotation may be preferred for some

Cheaper Non-meat options



Chicken

(long-term storage, expensive)



Beef

(long-term storage, expensive)



Vegetarian Beef



Black Bean
Burger Mix

KITCHEN TOOLS

Key Points:



Can Opener

(make sure you have a few to open your food storage cans)

WATER STORAGE, CAPTURE & FILTRATION

Key Points

- A person drinks 200-300 gallons a year, with another estimated 200-500 for cooking, cleaning, and washing. With a possible total of around 600 gallons.
- I suggest you have some fluids stored to handle the initial disaster, and then a system for water capture and filtration to survive if problems last.

WATER STORAGE

Key Points:

- I recommend getting more of the smaller water containers. These small ones are easier to move, and if one is contaminated all your water is not lost. However, big barrels are good for water capture, especially if connected to the roof gutter capture.



Small Water Containers



55-Gallon Barrel



Collapsible Containers

(may be needed if on the go)

WATER CAPTURE

Key Points:

- Store clean and empty containers like trashcans or barrels in your garage. Then during a disaster, use tarps to gather rain water. Use a siphon to collect the water, and use a garbage cans or small container to store it.
- For rain and snow capture, a 10 x 10 square-foot tarp would capture ~31 gallons of water in a half inch rain storm.
- Capacity to store captured water becomes a limiting factor. Consider barrels, buckets, containers or even garbage cans. Your city garbage can, once cleaned, can even become a storage of last resort.
- For tarps use at least 22mil or greater for extra strength. Thicker options are available. Pond liners are an affordable option.

Siphons (can be used to transfer rain water from tarps)



8 Foot Siphon



10 Foot Siphon

Stackable Trash cans (can be used to store rain water)



32 Gallon Trash Can



45 Gallon Wheeled



45 Gallon Wheeled/
Durable

Tarps for Rain/Snow Capture



22mil 10x13 Pond Liner



45mil 10x10 Pond Liner
(more expensive)

Can also use general tarps which you may already have in your camping supplies.

WATER FILTRATION

Key Points

- Sawyer Squeeze has two 32-ounce pouches, faucet adapter, and adapters for attaching to a bladder system. It can yield 540 gallons of clean water per day.
- Consider using this feeding bladder into something like the Sawyer Squeeze and then into a clean canister.
- Katadyn Vario. The company's Hiker Pro is also good. Vario can pump faster and 500 gallons per filter.



Sawyer Squeeze

(filter from standard water bottle)



Water Bladder

(for lake or river capture but not filtration, works great with other filters like Sawyer)



Katadyn water Filter Hand Pump

(for lake or river capture and filtration)



Life Straws

(great for hiking or bug-out bags)



Filtered Water Bottle



Katadyn Extra Filters

FUEL SOURCES

Key Points ·

- Very hard to safely store a year's supply of combustible fuel. I recommend a one-month supply of combustibles and a small solar generator.
- If you have a grill, keep a full propane tank with your grill at all times.
- This is great, short-term emergency cooking.

COOKING AND FUELS

Key Points:

- Denatured alcohol might be the best and cleanest fuel to store
- Use an insulated pot or thermos for cooking hard foods like rice. Boil the water, add to the insulated pot, then seal the pot. This conserves energy as cooking will continue without wasting your heat source.
- Get good cast-iron pots for cooking over fire.



Denatured Alcohol

(Mine arrived from Amazon with small dings but no leaks. Others have also complained of this. Consider Lowes or Home Depot)



Alcohol Cooking Stove

(cheap and great for bugout or camping)



Stay-Hot Insulated Cooking Pot

(great quality, I love mine)

SMALL BATTERIES AND SOLAR PANELS

Key Points:

- Having a small battery system paired with solar panels will give you the ability to run hot plates every day for cooking food.
- I suggest you get the Anker Solix 767 or the Ecoflow Delta 2 max. Both are very good with a few small differences.
- Often the batteries will include bundles with slightly better deals that include solar panels.
- Brand name panels are more expensive, generic panels work great, but have to check for connection compatibility.

BATTERIES AND SOLAR PANELS

Anker



Anker SOLIX C1000

(good low end, 1065 watt hours, can include optional Anker solar panels, 600W solar input)



Anker Solix 767

(reccomended, I own this. 2048watt hours, can include optional Anker solarpanels, 1000W solar input)



Anker Solar Panels 200W

EcoFlow



Ecoflow Delta 2

(good low end, 1024 watt hours, can include optional solar panels, 500W solar input)



Ecoflow Delta 2 Max

(reccomended, 2048 watt hours, can include optional solar panels, 1000W solar input)



Ecoflow Brand Solar Panels 160W



Renology Solar Panels

(cheaper solar panels, but not brand)



Extra long Solar Panel Cable

(I haven't tested this yet, but it should give me 50ft of extra distance between battery and panels)

ELECTRIC OVENS AND TOOLS (POWERED WITH BATTERY)

Key Points:

- Use the insulated pot to keep water boiling without wasting all your energy.

Hot Plate



500W Hot Plate

only useful if your battery is very small)



1000W Hot Plate

(great cooking powered by your solar and battery system)



Electric Lighter

(can be recharged by solar panel and battery system, an endless lighter)

HEATING AND WARMTH

Key Points:

- Heaters consume a lot of electricity, even the 500W one below. Consider heated blankets which need much less for emergency warmth.
- Prepare a place in your home to stay warm. Consider insulation.



Mini heater 500W

small heater, can be powered by your battery system)



Heated Blanket 100W

(I don't recommend king size with 2 gauges. Better to get two blankets so you have more flexibility)



Front King Window Covering

(you can use this cover windows during winter if the power goes out)

CLOTHING (COLD WEATHER FOCUSED)

Key Points:

- For cold weather, I suggest a two or three layer system, plus a shell, for each family member.
- The key concepts in these layers are moisture-wicking ability, warmth retention even when wet, breathability, comfort across a range of temperatures, lightweight design, and a windproof and waterproof outer shell.
- Cotton falls short in most of these categories and is best avoided.
- We don't have links for every size or for both genders for all products. If you need children's sizes or can't find the exact items linked, prioritize the materials and try to match them with available options.
- I am buying and testing more options with more suggestions coming soon. Also, please share with me what you prefer.

HEATING AND WARMTH

Key Points:

- Merino wool is good as a base because it warms even when wet and is able to wick like poly blends.
- Light colors recommended in case you are using as your outer layer and don't want to attract solar heat.

Majority Polyester (cheaper)



Women's Base
Shirt and Pant

(more affordable, polyester)



Men's Base
Shirt and Pant

(more affordable, polyester)

Merino Wool (higher quality, more expensive)



Women's Merino Wool Base Layer Top

(more expensive, higher quality)



Womens Merino Wool Base Layer Bottom

(more expensive, higher quality)



Men's Merino Wool Base Layer Top



Men's Merino Wool Base Layer Bottom

SECOND LAYER

Key Points:

- Consider a mid-layer and a third layer if your region has extreme cold.



Mid-Layer Top Unisex

(military grade, high quality)



Mid-Layer Bottom Unisex

(military grade, high quality)

THIRD LAYER

Key Points:



Fleece Jacket

(military grade, high quality)



Amazon Essentials Men's Fleece Jacket

(average quality)



Amazon Essential Women's Fleece Jacket

(average quality)



Souke Sports Men's Winter Cycling Pants

OUTER LAYER

Key Points:

- This layer is waterproof and windproof. Your layer three fleece jacket was the last layer of warmth. This outer layer should be extremely lightweight, not intended to insulate, just shield. Don't get a heavy shell layer.
- GoreTex is the best but also expensive. If possible, get Goretex.

Tops



Economy Women's Jacket Shell

(good)



Economy Men's Jacket Shell

(good)



Midrange Men's Shell

(better)



Midrange Women's Shell

(better)



GoreTex Men's Jacket Shell

(best)



GoreTex Women's Jacket Shell

(best)

Pants



Women's Columbia wind/
waterproof pant shell

(good)



Goretex men's pant shell

(best)



Goretex women's pant shell

(best)

KIDS



Kids water and
windproof pants

SOCKS, HATS, GLOVES

Key Points:

- Get good hiking boots. I am not including any links because sizes and comfort is so important. I suggest you go to an outdoors store and try on different brands. Make sure you break you boots.etex.
- Look for boots with GORE-TEX waterproof membrane which offers exceptional breathability and waterproof performance

Socks



[Women's warm socks](#)



[Men's warm socks](#)

Hats



[Windproof cap](#)



[Windproof gator cap](#)



[Heavy balaclava hat](#)

Gloves



[Windproof, waterproof full fingered glove](#)



[Windproof fingerless \(flap\) gloves](#)

NUTRITION, FIRST AID, SANITATIONS

Key Points:

- Get a small supply of the prescription medications, over-the-counter medications, and vitamins you need now. These will disappear fast in a disaster.

NUTRITION

Key Points:

- Fat soluble vitamins (A,D,E,K) can be dangerous in excess. Be careful with vitamin overdose.
- Rotate your vitamins to prevent expiration.
- Get Auguson Farms orange drink for long-term vitamin C storage.



Vitamin D with K2

(sun best source, but may need supplement in the winter)



Magnesium citrate



Auguson Farms Orange Drink

(great source of vitamin C, lasts 30 years)



Multivitamin



Vitamin C 60-90mg/day



Calcium 500mg±



Zinc 5mg±

MEDICATIONS AND FIRST AID

Key Points:

- Buy and rotate a general supply of over the counter medicines like pain relievers, allergy medicine, cold medication, anti-diarrheal
- Use Jase Medical to get the medications you need, including a year supply of the most commonly needed antibiotics.

- Consider refilling prescriptions early to slowly build up a cache.
- For OTC medications you can buy a kit, listed below, or just keep a bigger supply and rotate.

Medications



[Jase Medical](#)

(great resource, can safely get a supply of antibiotics and other medications. Use coupon code JAM-2760 to get \$10 off.)



[Over The Counter Medication Kit](#)

(add into your first-aid kit)



[Over the Counter Medication Kit 2](#)

(bigger supply, add into your first-aid kit)

First Aid



[Basic Travel First Aid Kit](#)



[Bigger First Aid Kit](#)

SANITATION

Key Points:

- Liquid bleach only has a shelflife of six months –a powder concentrate called calcium hypochlorite lasts 10 years and 1 pound can make the equivalent of about 200 gallons of liquid bleach. Can be found in hardware store pool sections.
- Lime can be added on the surface where organic waste is buried. This reduces odors and the chance of animals digging it up. Can be found in hardware store lawn and garden sections.
- Try to keep human liquid and solid waste separate. Urine not dangerous but solid waste and urine combined makes dangerous waste.
- Use compostable bags to bury waste. You can setup an outdoor or garage latrine, but keep waste outside to avoid cholera.
- Consider paper plates (300+/person/year) which could be cleanly burned and not consume water for cleaning



Toilet Seat 5
Gallon Bucket



Compostable bags
5 gallon



Compostable bags
13 gallon



Privacy tent - latrine

Bugs



Bug spray for clothes

(Lasts 40+ washes)

OUTDOOR SLEEPING, CAMPING, BACKPACKS

Key Points:

- These may be useful if you need to bugout fast and find yourself sleeping outdoors. However, I suggest you get stay home and shelter resources first.

TENTS

Key Points:

- If you live in cold climates, make sure you have a 3 or 4 season tent in case you need to bugout in the winter.
- A good tarp is very important.
- I have not tested all these tents but they were recommended. Do your own research.



2 person tent

(3.3 lbs)



2 person tent cold weather

(6.8 lbs)



3 person tent

(5 lbs)



3 person tent cold weather

(8.07 lbs)



4 person pop up tent

(7 lbs)



2.7 lb Tarp

(10x15')



3.3 lb Tarp

(14x15')

SLEEPING BAGS AND PADS

Key Points:

- Visit a sporting goods store like Cabelas or REI and test out products. Select a sleeping bag which matches the coldest weather in your area.
- Select an insulated sleeping pad. Very important to be insulated. Most heat is lost through the ground. Aim for at least R value of 4 or greater.

Sleeping Bags



0 degree XL square sleeping bag

(7 lbs)



20 degree square bag

(5.3 lbs)

Sleeping Pads



Cheaper pad

(2 lbs)



Insulated sleeping pad

(1.5 lbs)



Larger insulated foam pad

(5.3 lbs, 8.5 R value)

Other Sleeping Items



Lightweight inflatable pillow

BACKPACKS

Key Points

- Backpack should be at least around 20L and have a chest and waist strap.
- I suggest you go to a sporting store and try on backpacks before purchasing anything.



Backpack - child (35L economy).



Backpack - youth (50L, econ-no frame).



Backpack - youth (50L, with frame).



Backpack - adult (60L, 2.1lbs, no frame).



Backpack - adult or teen (55L, internal frame - best).

LIGHT AND COMMUNICATION

Key Points:

- Make sure you have light sources.
- Have a meet-up and communication plan with friends and family.
- Get physical maps of your area. Assume Google maps will be down.
- Buy a book on first aid. Save money and get a previous edition text book

FLASH LIGHTS

Key Points:

- Get a lantern, hand flashlight, and headlamp



Lantern

(high end lantern, rechargeable)



Carry Flashlight

(high end flashlight, rechargeable)



Headlamp

(high end, rechargeable)



Super Power Flashlight

(high end, 80,000 lumens, rechargeable, overkill for basic kits, extreme light can also serve as a non-lethal self defense weapon)

CANDLES

Key Points:

- Have lots of candles around the house.
- UCO candle lanterns are very useful.



1 Candle Lantern

(Great brand, won't go out in wind, I prefer the 3 candle design)



3 Candle Lantern

(Great brand, won't go out in wind, I prefer the 3 candle design)



Candles for Candle Lantern

COMMUNICATION

Key Points:

- Starlink has been extremely useful in disaster situations, but only makes sense if you have abundant resources and an electrical energy solution.

Communication



Emergency Crank Radio

(Midland is a great brand)



Starlink Internet

(roaming satellite internet, can purchase without monthly plan and activate when needed)



Short range walkie talkie



Ham radio

USEFUL TOOLS

TOOLS

Key Points

Transportation



[Tire repair and seal slime](#)

Rope & Tape



[3/8 inch Polyester Rope](#)



[Duct Tape](#)

Binoculars

Rechargeable batteries

SUGGEST A PRODUCT

Fill out this form to suggest a useful product to add here.
Suggestion Form

<https://forms.gle/ybkSRzGzQu48DvnV7>

HAVE A QUESTION OR CONCERN ABOUT SOMETHING ON THIS LIST?

Email:

hank@failsafesurvival.com

More items and notes are coming soon.
Thank you for your feedback as we make the
best survival checklist.