60-Day Preparedness Checklist (Intermediate Resilience)

WATER

- 60–120 gallons per person
- Larger water storage (55-gal drum or stackable containers)
- Gravity water filter (Berkey, Alexapure, etc.)
- Water catchment options (rain barrel)

FOOD

- 60 days of shelf-stable food
- Freeze-dried meals
- Bulk staples (rice, beans, lentils, flour)
- Canned soups + stews
- Long-term oils (olive, coconut)
- Comfort foods (coffee, tea, chocolate)

POWER

- Mid-size solar generator (Jackery, EcoFlow, Bluetti)
- 100W–200W solar panel
- Multiple battery banks
- Rechargeable lanterns
- USB-powered fans

COMMUNICATION

- HAM/GMRS radio
- Extra radio batteries
- Printed emergency plan
- Neighborhood communication plan

MEDICAL

- Expanded first aid kit
- Trauma supplies (tourniquet, Israeli bandage, chest seal)
- Prescription med backup (30–60 days)
- Antibiotic ointment
- Burn gel + cold packs

PROACTIVE SURVIVAL

HOPE IS NOT A PLAN

HYGIENE & SANITATION

- 0-day hygiene supply
- Bleach (for water sanitation)
- Portable toilet or bucket system
- Heavy-duty trash bags
- Dish soap + sponges

TOOLS & REPAIR

- Full toolkit
- Hatchet + folding saw
- Work gloves
- Fuel siphon
- Spare parts for home/vehicle

HOME RESILIENCE

- Backup heat source (propane heater, kerosene heater)
- Extra fuel (propane, butane, kerosene)
- Window security film
- Door reinforcement hardware

SECURITY

- Flashlight + weapon light
- Pepper spray
- Basic home defense plan

VEHICLE

- 2–3 fuel cans (properly stored)
- Vehicle fluids (oil, coolant, brake fluid)
- Road flares
- Tow strap

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