

Everything below scales with the number of people and days you are planning for. Use the free calculator at SurvivalSquads.co/calculator for exact quantities based on your squad.

Water	Food
ESSENTIAL ☐ 1 gallon per person per day, 2-week minimum at home ☐ 72-hour portable water in the go-bag (3 liters per person) ☐ Water filter rated for bacteria and protozoa (0.2 micron or better) ☐ Purification tablets or unscented household bleach with dropper ☐ Collapsible 5-gallon jugs plus a bathtub bladder ☐ Metal pot for boiling SUGGESTED ☐ Gravity filter for group use ☐ Rain catchment barrel and first-flush diverter ☐ Water test strips ☐ Hose rated as potable for transfer	ESSENTIAL ☐ 14 days of shelf-stable food per person, rotated ☐ 3 days of no-cook food in the go-bag ☐ Manual can opener ☐ Off-grid stove with fuel for 14 days ☐ Salt, sugar, oil, spices, coffee or tea ☐ Infant formula, pet food and special-diet items as applicable SUGGESTED ☐ Freeze-dried long-term buckets for the 30-day tier ☐ Cast iron and a Dutch oven ☐ Sprouting seeds or a garden plan for fresh nutrients ☐ Vacuum sealer and food-grade buckets with gamma lids
Medical	Light, power & heat
ESSENTIAL ☐ Full first-aid kit with trauma shears and a CPR barrier ☐ Tourniquet and hemostatic gauze, plus training to use them ☐ 30-day supply of all prescriptions ☐ Pain relievers, antihistamine, anti-diarrheal, rehydration salts ☐ Thermometer, tweezers, splint, elastic wrap ☐ Printed medical page per person: conditions, doses, allergies, doctors SUGGESTED ☐ Suture or wound-closure kit if trained ☐ Blood-pressure cuff and pulse oximeter ☐ Spare eyeglasses and hearing-aid batteries ☐ N95 respirators, one per person per day of smoke	ESSENTIAL ☐ Headlamp per person plus spare batteries ☐ Two lanterns and a hand-crank or solar light ☐ Power bank sized to at least four phone charges ☐ Weather radio (NOAA) with crank or solar ☐ Warm sleeping bag or wool blankets rated for local winter lows ☐ Fire: lighter, stormproof matches, ferro rod, tinder SUGGESTED ☐ Solar panel with a small battery station ☐ Generator with fuel stabilizer and a transfer plan ☐ Indoor-rated propane heater with a CO detector ☐ Battery CO and smoke detectors on every level

Shelter & warmth	Sanitation & hygiene
ESSENTIAL ☐ Tarp, paracord and duct tape ☐ Emergency bivvy or space blanket per person ☐ Work gloves and sturdy boots per person ☐ Rain shell and layered clothing set per person ☐ Plastic sheeting and staples for a sealed room SUGGESTED ☐ Four-season tent for the squad ☐ Wool base layers and extra socks ☐ Canvas repair kit and spare tarps	ESSENTIAL ☐ Bucket toilet with seat, bags and cover material ☐ Toilet paper for the planning window ☐ Soap, hand sanitizer, disinfecting wipes ☐ Trash bags, heavy duty ☐ Feminine hygiene, diapers, wipes as applicable SUGGESTED ☐ Portable camp shower ☐ Bleach for surface disinfection ☐ Nitrile gloves and N95 masks for cleanup
Tools & repair	Communications
ESSENTIAL ☐ Multi-tool and a fixed-blade knife ☐ Adjustable wrench sized for the gas shutoff, kept at the meter ☐ Hammer, pry bar, hand saw ☐ Duct tape, zip ties, wire, tarp clips ☐ Fire extinguisher (ABC) on each floor SUGGESTED ☐ Chainsaw with chaps, fuel and a spare chain ☐ Cordless drill with charged spares ☐ Shovel, axe, bolt cutters ☐ Tire plug kit and 12V compressor	ESSENTIAL ☐ FRS/GMRS radios with charged spares and a written channel plan ☐ Printed contact tree and out-of-area contact ☐ Paper maps of the region with routes marked ☐ Whistle per person SUGGESTED ☐ Ham radio license and a 2m/70cm handheld ☐ Satellite messenger for the squad ☐ Signal mirror and chem lights

Documents & cash	Squad-level shared assets
ESSENTIAL ☐ Waterproof pouch: IDs, insurance, deeds, birth certificates, medical records ☐ Encrypted USB with scans and room-by-room home photos ☐ \$200–\$500 in small bills per household ☐ Written list of account and policy numbers SUGGESTED ☐ Notarized child-pickup authorizations ☐ Copies stored with the out-of-area contact ☐ Pet vaccination records and microchip numbers	ESSENTIAL ☐ Roster of who holds what gear and which skills ☐ Shared meeting points, primary and secondary ☐ Offline packet printed and carried by every household ☐ Agreed radio schedule and check-in cadence SUGGESTED ☐ Shared generator, chainsaw, pressure canner, cargo trailer ☐ Pooled bulk food and fuel storage with a rotation owner ☐ Annual squad drill on the calendar ☐ One trained medic, one trained radio operator, one trained cook per squad