

Hidden Cache Prepper 30 Day Jump Start

Week 1

Canned Meat	Dried/ Canned Fruit/ Nuts & Veggies	Rice/Pasta/Beans & Ramen	Water	Toilet Paper & Paper Towels	FAK/Meds	(Open)	Grill/ Camp Stove

Week 2

Flashlights & Batteries	Cooler	Black & Kitchen Trash Bags	Water	Bleach	Hand-crank Radio	Matches & Lighters	Chafing Fuel/ Propane/ Fuel

Week 3

Dried / Canned Fruit/ Nuts & Veggies	Canned Meat	Personal Care Items & Baby Wipes	Water	Toilet Paper & Paper Towels	Paper Plates/Plastic Cups & Utensils	Duct Tape/ Rope	Tool Kit & Work Gloves

Week 4

Water	Wool Blankets or Sleeping Bags	Canned Meat	Tarp & Plastic Sheeting	Rice/Pasta/Ramen & Beans	(Open)	Generator	Dried/ Canned Fruit & Veggies

Water: 1 gal per person, per day for 3 weeks

Food: Canned goods- meats/veggies/fruit/cheese as well as beans/pasta/rice

Clothing: Seasonal garments and footwear

Hygiene & Personal Care: Toilet Paper/ Dental Care/ Baby Wipes/ Deodorant

Medical/ FAK / OTC: Prescription Meds/ Anti-diarrheal/ Allergy/ Pain

Communications: *Walkie Talkies/ Hand-crank Radio/ Phone chargers & battery packs

Power/ Lighting: *Generator/ Headlamps & Flashlights/ Batteries/ Glow Sticks/ Charging Cables/ Matches & Lighters

Equipment: Grill/ Camp Stove/ Cooler/ Tool Kit/ 5- gallon buckets/ Tarp & Plastic Sheeting/ 50ft. rope

*Budget to buy a gas/ solar generator and Walkie Talkies

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Tips!

- ✚ Before buying anything, use the checklist to take an inventory of what you already have.
- ✚ Organize seasonal/ winter clothing and shoes.
- ✚ Ensure that flashlights/ lanterns are easy to access even in the dark.
- ✚ Ensure that kit is in a location easy to access when needed.
- ✚ Double-up or make substitutions based upon your needs in the (Open) fields.
- ✚ Be sure to provide for pets and those with special needs in your plans.

Notes

Sketches

