

# Food & Water Storage

Everyone should have a decent supply of food and water available at their home at all times. These items can be used during Unemployment, Floods , Winter storms, Earthquakes and Tornadoes

## Water

An adult should drink at least 2 quarts of water a day, more if working hard and sweating. Store at least 3 days worth of water for each person. Water storage is recommend in a thick plastic such as Polycarbonate or soda bottles While standard 1 Gal. plastic jugs can work, they ware more likely to allow odors to seep in. Store bottles of water in a black garbage bag to protect them from light. If needed the toilet reservoir tank can be use for water. And a tub can be filled if you feel like there is a chance of loosing water soon. The shelf life of water varies depending on the temperature and amount of light, its recommended to test your water supply once a month.

## Food

Storing food in a dark, dry, cool area will improve the shelf life of food.

**Can food** is typically good for up to 2 years from the purchase date, it can be safe to eat beyond that, but it will begin to loose nutritional value.

## Dry Food

Rice & Dried Beans have a shelf life of 1 year.

# Survival Packs

## Why Have Survival Packs?

To be prepared! It can be for something as simple as being at work and realizing you forgot to bring money for lunch, and you have a meal (MRE) in your pack or up to a major natural disaster. By spending a between a bit of money and some time, you can definitely make life easier when the unexpected happens.

## The 2 Pack System

Meaning there are two separate survival packs, not to say they contain the same items, but basically they work together. The intent is that the small pack would be suitable for taking on a short hike thru the woods. But the larger pack would be more suitable for an event that kept you isolated overnight or longer.

## Customize

Each person must customize there Packs to their needs, such as if you have a baby then diapers, can milk etc would be added. In addition to any special medical needs that a person has.

## Packing

A vacuum sealer is the best thing to use (especially on clothes), it saves space, and keep the contents dry. Use Ziploc Freezer bags for anything that you will need to reseal often. I put almost everything in an individual bag.

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By: manuals@tnt-gifts.com

## Small Pack



Lighter / Dryer Lint Matches / TP  
Magnesium Fire Starter  
Nylon String 25'  
Condom (water storage)  
Water Treatment Pills  
LED Flashlight (1-AAA type)  
Wire (thin for traps)  
Swiss Army Knife (with saw blade)  
Garbage Bag x 2  
Whistle  
Money & Change  
Electrical Tape  
Canteen (with cup in bottom)  
Compass  
Camo Paint  
Bandanna  
Granola Bars or Energy Bars  
First Aid (Small)  
    Antihistamine medication  
    Anti-diarrhea medication  
    Aspirin  
    Antibiotic Cream  
    Band-Aids

Packed inside of a gallon Ziploc bag, that is inside of a Butt Pack, that attaches to a military belt with a Canteen & Metal cup.

## Large Pack



550 Para cord (50')  
Nylon String Spool  
Complete Change of Clothes  
6'x8' Tarp  
MRS (Meal Ready to Eat)  
Instant Rice  
Fishing Line & Hooks  
LED Flashlight (Solar)  
Glow Sticks x2  
Water 1-LT  
Folding Saw  
Bible or Small Book  
Notepad & Pencil  
Ziploc Bags (4-1 Gallon)  
Duct Tape  
Hand warmers  
Knife (Fixed / Big)  
Radio (small)  
Sunscreen / Insect Repellent  
Toilet Paper  
Needles, thread  
Intruder Alarm  
Snake Bit Kit  
First Aid Kit (Large)  
    Petrolatum Dressing  
    Absorbent Compress 5x9  
    Latex Gloves—Roller Bandage 3"  
    Sterile Gauze Pads 3x3—Tweezers

### OPTIONAL

Sleeping Bag/Jacket/Hat (cold weather)