

# Resilience Checklist



## ***Gear Check List***

- Plan / Budget
- Nano silver
- Car Bag
- Car Box
- Bug out Bag
- Water Purification
- Medical
- Food Storage
- Waste/ Hygiene
- Security
- Gardening
- Construction
- Nuclear/ Biohazard
- Alternative energy
- Aquaponics
- Hunting/ Pest
- Gold Silver
- Miscellaneous
- Books

## ***What to do first in preparation***

1. Make a plan with you family about how much effort you intend to put into survival.
2. Where will you meet if something major happens?
3. Does every member have enough supplies to live for 3 weeks without outside help?
4. Practice a bug out with everyone in your household.

***Don't leave your family's survival to the mercy of the situation!***

## **UPGRADE YOURSELF>>**

Resilience = Health + Knowledge + Preparation + Community

Visit: ***ResilientLiving.Solutions*** to begin your journey to  
***Peace of Mind.***

