

NEW

How to Prepare for any Disaster



***Your easy step-by-step
preparedness guide***

Food related Supplies

- Salt (in container)
- Heavy duty aluminium foil
- Plastic wrap
- Small container of soap
- Containers for storage
- Plastic bags with twist ties
- Cooking pot, plates, cups
- Large garbage bags
- Cooking fuel
- Bottle opener
- Manual can opener
- Utensils
- Washing pan
- Alternate cooking source

First aid supplies

- Hydrogen peroxide
- Cough mixture
- Antibiotic ointment
- Laxatives
- Alcohol swabs
- Anti-inflammatory pills
- Antacids
- Prescription medications
- Anti-diarrhea medicine
- Vitamin supplements
- Anti-nausea tablets
- Smelling salts
- Pain killers
- Syrup ipecac

Medical Equipment

- Non-breakable thermometer
- Eye wash cup and sterile water
- Pocket knife
- Needle and thread
- Latex gloves
- Splint material
- Tweezers
- Razor Blade
- Scissors
- Safety pin
- Surgical mask

Personal Supplies

- Backpack
- Essential personal medication
- Coins and phone cards
- Bottled water (3day)
- Non-perishable food ([recommended product](#))
- Ziplock bags
- Toilet tissues
- Tooth brush and paste
- Whistle
- Flashlight ([free recommended product](#))
- AM/FM radio
- Batteries
- Waterproof Matches ([free recommended product](#))
- Warning flares
- Light sticks
- Dust Masks
- Clothing
- Walking boots
- Sleeping bag
- Maps + compass
- Utility knife
- Axe
- Tent
- Small first aid kit
- [Free pocket sized survival kit](#)

Product Review

THE SURVIVAL GRENADE

Includes:

- 9ft of paracord
- a carabiner
- scalpel (2.25in)
- alcohol prep pad
- fishing hooks (1small, 2 large)
- 2 fishing floats
- 2 fishing weights
- fishing line
- 2 jigs
- 2 safety pins
- needle
- wire
- aluminium foil (1 sq ft)
- ferro rod firestarter
- tinder



Additionally, they email you some manual with trainings and stuff. They are a good read.(also free):

30 DAY SURVIVAL TRAINING (FREE)

Need to escape? This is the ultimate 30 day “bug-out” essentials guide. This guide covers everything from shelter, fire, food, water, self-defense and more. Get this guide absolutely free with your Survival Grenade today!

WILD SCAVENGER TRAINING (FREE)

When your out on adventures in the wilderness there are many things you MUST know. This guide is will show you how to live from the land to survive in any situation!

PLAN B DEFENSE TRAINING (FREE)

This self-defense guide will show you how to protect yourself when your being attacked. The moves and techniques should only be used as a last resort to save your life or somebody elses life!

[AquaStiq](#)

The AquaStiq™ uses the world's best portable water filtration technology. The same type of filter, used the world over, both in emergencies and as a daily source of drinking water in third world countries. The AquaStiq removes 99.99% of waterborne bacteria, weighs 2oz and uses no batteries. It is therefore that it is the go-to tool for preppers everywhere. It costs \$17.95, an absolute bargain for a water system.

With the AquaStiq™, you never have to wonder whether or not it's still "GOOD."

The AquaStiq's™ unique design stops allowing water to flow through once the filter has reached its maximum filtration point...

Basically, if you can't get any water through it, then it's time to toss it...and grab another... no more wondering whether or not you're drinking dirty water.

And it's so simple to use... no pumps, no batteries, no chemicals, no shaking... If you can drink out of a straw... you can get fresh water INSTANTLY

And it comes in at only 2 ounces and fits in ANY Bug out BAG, glove compartment, or even your back pocket (and the included lanyard means you can keep it on your neck so it's never out of reach)



[Survival Frog](#)

The Survival Frog Solar Air Lantern can provide emergency lighting without relying on batteries, fuel or the need to plug it into the wall for power. Just lay in the sun to charge – then inflate the lantern and enjoy hours of bright ambient light. Keep one in your car, at home, or in your bug out bag – the Solar Air Lantern can provide the backup light that you need. A full solar lantern lasts up to 12 hours, brightens a 12 foot area and retains its charge for 3 years if inactive. The costs are \$19.97, which is a good deal for a lantern that lasts this long.

[KnifeCard](#)

This handy little credit card knife (valued at \$17.95) is made to fit in your wallet as a card. It is currently **free**, as a launch offer. Shipping is \$4.95 US and \$9.95 International.

The blade is made of steel, and flips out of the credit card holder within 1 second.

Having to carry a card around might be a bit unpractical. Maybe a bit more easy is to have a knife concealed in your belt. That way you won't be carrying anything extra (just your belt). Being prepared is optimizing the smallest things, so pick up this belt with a concealed knife [here](#).