

fpa*

Family Protection

A S S O C I A T I O N



FAMILY READINESS AND SECURITY CHECKLIST

The ultimate checklist for becoming completely prepared for anything.

GETTING STARTED

I have a B.O.B packed and ready to go.

(Check all that apply)

- MINIMUM** - EDC Kit
 - RECOMMENDED** - 72 Hour Kit
 - READY** - 1 Year Of Survival Gear, Supplies And A Practiced Plan
-

I have at least \$1,000.00. in hard cash stored in a safe place at home or at my bug out location.

(Check all that apply)

- MINIMUM** - \$1,000
 - RECOMMENDED** - \$5,000
 - READY** - \$10,000 Plus
-

I have enough money in savings to cover my basic needs and the needs of my family for a minimum of one month.

(Check all that apply)

- MINIMUM** - 1 Month
 - RECOMMENDED** - 3 Months
 - READY** - 12 Months
-

I have reduced my consumer debt to a manageable amount. *(All debts not including house and car and any other sellable assets)* (Check all that apply)

- MINIMUM** - Less Than \$10,000
- RECOMMENDED** - Less Than \$5,000
- READY** - No Debt

I have a minimum of \$1,000.00 in precious metals stored.

(Check all that apply)

- MINIMUM** - *N/A*
 - RECOMMENDED** - *\$1,000*
 - READY** - *\$5,000*
-

I have a minimum \$1,000.00 In foreign currency stored.

(Check all that apply)

- MINIMUM** - *N/A*
 - RECOMMENDED** - *2 Forms of foreign currency equivalent to \$1,000*
 - READY** - *3 Forms of foreign currency equivalent to \$5,000*
-

Should Cash fail to be a valid currency I have mastered a minimum of one marketable skill that can be used to bargain for supplies.

(Check all that apply)

- MINIMUM** - *1 marketable skill*
 - RECOMMENDED** - *3 marketable skills*
 - READY** - *5 marketable skills*
-

I am practiced in the art of bartering and negotiations.

(Check all that apply)

- MINIMUM** - *N/A*
- RECOMMENDED** - *N/A*
- READY** - *Yes I understand the psychology of bartering and negotiations and practice it regularly*

I have stored several different items that could be used as bartering chips, should cash fail *(alcohol, ammunition, medication, etc).* (Check all that apply)

- MINIMUM** - 3 different bartering items
- RECOMMENDED** - 7 different bartering items
- READY** - 12+bartering items

I have emergency supplies factored into my budget and budget a minimum of 1% of each paycheck for supplies, gear, or skills. (Check all that apply)

- MINIMUM** - 1% of my budget
- RECOMMENDED** - 3% of my budget
- READY** - 5-10% of my budget

WATER

I have mastered a minimum of 3 different water filtration or purification methods from the list below. (Check all that apply)

| Beginner | Advanced | Expert |
|---|---|--|
| <input type="checkbox"/> Filtration Straw | <input type="checkbox"/> Gravity Purifier | <input type="checkbox"/> Desalination |
| <input type="checkbox"/> Purification Tablets | <input type="checkbox"/> Solar Still | <input type="checkbox"/> Distillation |
| <input type="checkbox"/> Bleach | <input type="checkbox"/> Sand/Charcoal Filter | <input type="checkbox"/> Xylem Filter |
| <input type="checkbox"/> Boiling | | <input type="checkbox"/> Maple/Birch Trees |
| <input type="checkbox"/> Iodine | | <input type="checkbox"/> SODIS |

- MINIMUM** - I have mastered 3 water filtration or purification methods
- RECOMMENDED** - I have mastered 7 water filtration or purification methods
- READY** - I have mastered all water filtration and purification methods

Additional Resources:

“170 Gallons A Day” <http://gnl.at/water1>

I have located a minimum of 3 water sources to collect fresh water in and around my home. (Check all that apply)

| Beginner | Advanced | Expert |
|---|----------------------------------|--|
| <input type="checkbox"/> Toilet | <input type="checkbox"/> Seeps | <input type="checkbox"/> Pools |
| <input type="checkbox"/> Bath Tub | <input type="checkbox"/> Dew | <input type="checkbox"/> Hot Tubs |
| <input type="checkbox"/> Hot Water Heater | <input type="checkbox"/> Lakes | <input type="checkbox"/> Rain Catchments |
| | <input type="checkbox"/> Rivers | <input type="checkbox"/> Solar Still |
| | <input type="checkbox"/> Streams | |
| | <input type="checkbox"/> Springs | |

MINIMUM - I have located 3 freshwater sources in and around my home

RECOMMENDED - I have located 7 freshwater sources in and around my home

READY - I have located All of the above freshwater sources in and around my home

Additional Resources:

“Bushmaster Bible Water Course” <http://gnl.at/water2>

FOOD STORAGE

I have created a long-term food storage plan that includes a minimum of 5 the following items or methods.

(Check all that apply)

| Beginner | Advanced | Expert |
|---|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Rice <input type="checkbox"/> Beans <input type="checkbox"/> Nonperishables <input type="checkbox"/> Canned Meats <input type="checkbox"/> Canned Vegetables | <ul style="list-style-type: none"> <input type="checkbox"/> Dehydrated Foods <input type="checkbox"/> Freeze Dried Foods <input type="checkbox"/> Raion Bars <input type="checkbox"/> MRE's <input type="checkbox"/> Water Bath Canning <input type="checkbox"/> Pressure Canning | <ul style="list-style-type: none"> <input type="checkbox"/> Aquaponics <input type="checkbox"/> Hydroponics <input type="checkbox"/> Stored Grains <input type="checkbox"/> Seeds <input type="checkbox"/> Livestock <input type="checkbox"/> Gardening Skills <input type="checkbox"/> Hunting Skills <input type="checkbox"/> Trapping Skills <input type="checkbox"/> Butchering Skills <input type="checkbox"/> Curing <input type="checkbox"/> Nitrogen Flushing |

MINIMUM - 5 food storage items or methods

RECOMMENDED - 10 food storage items or methods

READY - All food storage items or methods

Additional Resources:

“Trapping” <http://gnl.at/1-food-storage>

“Food Storage Calculator” <http://gnl.at/2-food-storage>

“Home Stockpiling Blueprint” <http://gnl.at/3-food-storage>

“How To Cook And Store Food Outside” <http://gnl.at/4-food-storage>

“14 Catastrophic Food Stockpiling Mistakes” <http://gnl.at/5-food-storage>

FIRST AID

I have stockpiled a minimum of 5 different first aid supplies from the list below. (Check all that apply)

| Beginner | Advanced | Expert |
|--|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Band-Aids <input type="checkbox"/> Hydrogen Peroxide <input type="checkbox"/> Antibacterial Soap <input type="checkbox"/> Hand Sanitizer <input type="checkbox"/> Rubbing Alcohol <input type="checkbox"/> Gauze Pads <input type="checkbox"/> Medical Tape <input type="checkbox"/> Instant Cold Packs <input type="checkbox"/> Travel Sized First Aid Kit | <ul style="list-style-type: none"> <input type="checkbox"/> Casts/Splint <input type="checkbox"/> Suture Kit <input type="checkbox"/> Quik-Clot <input type="checkbox"/> Diphenhydramine <input type="checkbox"/> Fully Equipped First Aid Kit | <ul style="list-style-type: none"> <input type="checkbox"/> Basic Surgical Kit <input type="checkbox"/> IV Bag & Travel Pole, With Butterflies <input type="checkbox"/> Mental and physical medication management (BP meds, psychiatric meds, etc) <input type="checkbox"/> Epi-Pen <input type="checkbox"/> Medical diagnostic equipment and basic training |

- MINIMUM** - I have stocked 5 different first aid supplies
- RECOMMENDED** - I have stocked 7 different first aid supplies
- READY** - I have stocked all first aid supplies and have the knowledge to use them effectively and efficiently.

Continued on next page

I have taken a minimum of 2 classes or courses in first aid (and have become fully certified where applicable) from the list below: (Check all that apply)

| Beginner | Advanced | Expert |
|------------------------------|---|---|
| <input type="checkbox"/> N/A | <input type="checkbox"/> CPR <input type="checkbox"/> CPR (Children) <input type="checkbox"/> Heimlich Maneuver <input type="checkbox"/> Basic First Aid <input type="checkbox"/> How To Treat Shock <input type="checkbox"/> How To Treat Anaphylactic Shock <input type="checkbox"/> How To treat Hypothermia <input type="checkbox"/> How To treat Hyperthermia | <input type="checkbox"/> Suturing <input type="checkbox"/> Advanced First Aid <input type="checkbox"/> Basic Surgery <input type="checkbox"/> Wilderness First Aid <input type="checkbox"/> Advanced Surgical Procedures <input type="checkbox"/> Basic Life support |

- MINIMUM** - I have taken and or become certified in 2 different first aid courses
- RECOMMENDED** - I have taken and or become certified in 5 different first aid courses
- READY** - I have taken and or become certified in all first aid courses

SHELTER, LIGHT & POWER

I have the ability to find or create a minimum of three different types of shelters from the list below.

(Check all that apply)

| Beginner | Advanced | Expert |
|------------------------------|---|---|
| <input type="checkbox"/> N/A | <input type="checkbox"/> Sleeping Bag <input type="checkbox"/> Tent <input type="checkbox"/> Waterproof Boots <input type="checkbox"/> Waterproof Coat <input type="checkbox"/> Wool Hat <input type="checkbox"/> Wool Socks <input type="checkbox"/> Thermal Underwear | <input type="checkbox"/> Lean-to <input type="checkbox"/> Debris Body Suit <input type="checkbox"/> Wickiup <input type="checkbox"/> Thatched Hut <input type="checkbox"/> Debris Hut <input type="checkbox"/> Beach Shade <input type="checkbox"/> Tree Pit Snow Shelter <input type="checkbox"/> Swamp Bed <input type="checkbox"/> Dugout Shelter <input type="checkbox"/> A-Frame <input type="checkbox"/> Wattle And Daub Hut <input type="checkbox"/> Reflective Shelter |

- MINIMUM** - 3 forms of shelter
- RECOMMENDED** - 5 forms of shelter
- READY** - All forms of shelter

I have mastered a minimum of 3 different fire-starting methods from the list Below.

(Check all that apply)

| Beginner | Advanced | Expert |
|---|---|--------------------------------------|
| <input type="checkbox"/> Lighter | <input type="checkbox"/> 9 Volt & Steel Wool | <input type="checkbox"/> Bow Drill |
| <input type="checkbox"/> Matches | <input type="checkbox"/> Magnesium | <input type="checkbox"/> Hand Drill |
| <input type="checkbox"/> "Prison Lighter" | <input type="checkbox"/> Solar Magnification | <input type="checkbox"/> Fire Plow |
| <input type="checkbox"/> Ferro Rod | <input type="checkbox"/> Glycerin & KMnO ₄ | <input type="checkbox"/> Fire Piston |

MINIMUM - 3 fire starting methods

RECOMMENDED - 5 fire starting methods

READY - All fire starting methods

I have collected or located a minimum of 3 different fire-starting materials from the list below.

(Check all that apply)

| Beginner | Advanced | Expert |
|---------------------------------------|--|--|
| <input type="checkbox"/> Charcoal | <input type="checkbox"/> Vaseline Cotton Balls | <input type="checkbox"/> Cattails |
| <input type="checkbox"/> Dry Leaves | <input type="checkbox"/> Dryer Lint | <input type="checkbox"/> Fat Wood |
| <input type="checkbox"/> Pine Needles | <input type="checkbox"/> Shredded Newspaper | <input type="checkbox"/> Old Man's Beard |
| | <input type="checkbox"/> Char Cloth | <input type="checkbox"/> Birch Bark |
| | | <input type="checkbox"/> Tinder Fungus |

MINIMUM - 3 fire starting materials

RECOMMENDED - 5 fire starting materials

READY - All fire starting materials

I have the ability to store and generate power and light from a minimum of 3 different sources from the list below.

(Check all that apply)

| Beginner | Advanced | Expert |
|---|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Flashlight <input type="checkbox"/> Gas Lantern <input type="checkbox"/> Battery Stockpile (AA, AAA, D Cell) | <ul style="list-style-type: none"> <input type="checkbox"/> Solar Panels <input type="checkbox"/> Solar Battery <input type="checkbox"/> Power Inverters <input type="checkbox"/> Self Powered Generator | <ul style="list-style-type: none"> <input type="checkbox"/> Wind Turbine <input type="checkbox"/> Solar Generator <input type="checkbox"/> Gas Generator <input type="checkbox"/> Hydroelectric Generator <input type="checkbox"/> Geothermal Heating <input type="checkbox"/> Whole Home Solar Generator |

- MINIMUM** - 3 power generating resources
- RECOMMENDED** - 5 power generating resources
- READY** - All power generating resources

Additional Resources:

“10 Fatal Home Defense Mistakes to avoid ” <http://gnl.at/1-shelter-light-power>

“Bushmaster Bible Module 3 Shelter ” <http://gnl.at/2-shelter-light-power>

“Poncho Shelter infographic ” <http://gnl.at/3-shelter-light-power>

“Tarp shelter infographic” <http://gnl.at/4-shelter-light-power>

“F.M 21.76 chapter 5 (Shelters)” <http://gnl.at/5-shelter-light-power>

“How to build a debris hut” <http://gnl.at/6-shelter-light-power>

“Fire” <http://gnl.at/7-shelter-light-power>

“SL youtube videos on fire” <http://gnl.at/8-shelter-light-power>

“F.M 21.76 Chapter 7 (Firecraft)” <http://gnl.at/9-shelter-light-power>

SELF DEFENSE

I have mastered or begun training with at least two of the self-defense methods or items listed below.

(Note: proper safety training should be a requirement for any and all self-defense methods)

(Check all that apply)

| Beginner | Advanced | Expert |
|---------------------------------------|--|------------------------------------|
| <input type="checkbox"/> Pepper Spray | <input type="checkbox"/> Taser | <input type="checkbox"/> Krav Maga |
| <input type="checkbox"/> Kubaton | <input type="checkbox"/> Firearm | <input type="checkbox"/> Muay Thai |
| <input type="checkbox"/> Stun Gun | <input type="checkbox"/> Boxing/Kickboxing | <input type="checkbox"/> Taekwondo |
| <input type="checkbox"/> Knife | <input type="checkbox"/> Judo | <input type="checkbox"/> Grappling |

MINIMUM - 3 self-defense methods or tools

RECOMMENDED - 5 self-defense methods or tools

READY - All self-defense methods or tools

Additional Resources:

“Self Defense 101 the DARE method (HSC)” <http://bit.ly/2oqj37v>

“Defend yourself course” <http://bit.ly/2pj7Uti>