

**SHTF**  
**SCHOOL.COM**

*real life survival experiences*

**Selco**

one year in hell

**SUPPLY LISTS**

## INTRODUCTION

If you have listened to the interviews and read the guide you will know that I just focus on what I believe matters. This focus keeps things simple, manageable and practical. But like with everything there is not one solution that works for everyone.

If you are new to preparing I recommend you add some supplies every month to the three big areas: **Food & Water / Weapons, Tools & Equipment / Hygiene & First Aid**

Start with your water supply and filters if you do not have access to a reliable and clean natural water source. Then move on to food and get a basic self defense and first aid setup. Once you have this, get some more weapons and tools that are practical to use and more preps for the hygiene area. After that simply add more for all areas.

Never forget that you can not buy the skills you will need and I just included this list here because these lists are so popular in most survival forums.

Somebody who can happily eat one dish every day will do better than someone who has “only” three different dishes he can choose from but craves for more variety. Survival is not about lists or fancy supplies. What matters is you and what you make out of your situation. Survival starts and ends with the person trying to survive.

While it is good to know you have a lot of supplies it is much more valuable to know that you can take a lot of shit and live with it without breaking down. [You can share your list of supplies here and read about other people's lists.](#)

I hope you see preparedness as a serious hobby and can take it easy no matter how serious things might get soon. Spending some quality time with your loved ones can be more important than adding another two weeks of supplies to your two year storage. While preparedness is about what might happen in the future your life happens right now. Let's enjoy the good times as long as they last.

## FOOD & WATER

### Food

I currently have a 6 months food supply in my bug out location. I try to save money every month to extend this to more months (to get to at least a year) but most months this does not work out. I recommend you stock up for at least six months and longer if possible.

I do not live off my storage but I visit my bug out location on a regular basis to bring new supplies and take older ones to use at home.

I believe if you are serious about survival you can survive with basic food and for me it makes more sense to store basic food and eat fresh vegetables and meat along with that on a regular basis, instead of storing freeze dried or more complete or fancy survival food and having to eat that all the time.

Of course getting all those freeze dried products is more expensive as well but even if I could afford it, I would spend my money on other areas instead. I simply like fresh food and products too much but that is just me.

### Cans

- 100 tuna fish cans (oil in those cans can be used for other purposes)
- 200 meat stew cans
- 200 meat (chicken) paste cans
- 200 chicken meat cans
- 200 bean cans
- 100 mixed fruit cans
- 50 tomato sauce cans (many uses, we even used it as jam by adding sugar)

### Jars

- 100 jars of pickled cucumbers, peppers, chilli...
- 15 big jars of chocolate nuts cream (around 9kg)

# FOOD & WATER

## Basics

Pack everything in 2 or 5kg small bags so you do not lose all your supplies if some bags get wet or contaminated or in any other way damaged. They are also easier to carry, trade with and store at different locations throughout the house. **I stock items marked red also for trading.**

- 200 kg flour
- 100 kg rice (same like flour, look for a late expiry date)
- 30 kg salt (to also pickle things, to dry meat, for preservation)
- 10 sets spices ( 1 set is around 20 different small bottles of spices, spices can make a huge difference for your morale!)
- 200 kg sugar (smaller packages, was very valuable during the war)
- 200 kg coffee (raw coffee, can last longer, roasted coffee loses aroma easier) great for trading, coffee addicts, important for many people as a small bit of normalcy
- 70 bags of 500g pasta, different kinds
- 300 bags quick soups (easy to carry, gets ready very fast, can just drink it from glass, if hot good when you feel cold)
- 30 kg of tobacco (not important if you are a smoker or not, good to store it with leafs of cabbage, keeps tobacco fresh, packaged in 1kg boxes with cabbage leafs, best case is to be non-smoker and use it just for trade)
- 50 boxes (10 000 cigarettes)
- 200 liters of rakia (stronger alcohol makes sense because of it's multiple uses)
- 50 liter olive oil
- 100 liters of sunflower oil (will use olive oil mostly for cooking and sunflower for all other purposes)
- 10 l vinegar (to pickle stuff, making salads)

## FOOD & WATER

- 15 kg of honey (to treat colds, pneumonia, natural medicine treatments)
- 5 kg cocoa powder (packaged in 250g)
- 10 kg of powdered fruit drink mix (multivitamin) 1kg baking powder

### Water

I do not store big amounts of water because we have a spring and small creeks very close to my bug out location. I have about 100 liter bottled water though.

### Other Food related stuff

- 500 paper plates (to cut down on dish washing)
- 1000 plastic cups
- General kitchen items (pots, pans, cuttlery...)
- empty barrels, canisters, containers, bottles for water (there was a shortage of storage boxes, whenever you trade something you might need a place to store it properly)

# WEAPONS, TOOLS & EQUIPMENT

## Weapons

Get common weapons that are used in your area to stay low key when you carry your weapon visible, and to make sure you can get the right ammunition once you run out of it. It will also be way easier to maintain and repair your weapon. Ammunition or even basic weapons are great for trading.

- 2 rifles (AK 47- Red Flag-Yugoslav issue)
- 5000 bullets for the AK
- 2 pistols (7.62 Red Flag pistols, TT-Yugoslav issue)
- 2000 bullets for each pistol
- Ghurka knife (similar to a machete)
- AK 47 bayonet-knife (also used as multi tool as explained in the video)

## Tools

Tools become more valuable once you run out of food.

- 10 basic cheap swiss army knives
- 2 small military folding shovel (for digging latrines for example, can be used as a pick as well)
- 2 hunting knives (with gut hook)
- 1 skinning knife
- 3 good multi tools (Leatherman Wave and similar)
- 10 cheap multi tools
- 3 different sized saws (from small to carry along to big)
- 4 different sized axes (from small to carry along to big)
- 2 splitting wedges (for wood cutting)
- 2 sledgehammer (for breaking walls)
- 1 General toolbox (screwdriver, pliers, hammer and so on)

# WEAPONS, TOOLS & EQUIPMENT

## Equipment

- 5 military bottles and small steel flasks to carry along
- 300 BIC lighters for personal use
- 1000 lighters (the cheapest ones for trade)
- 200 flints (cheapest) to replace the flint in lighters
- 20 small bottles of lighter gas
- 300 liter of diesel fuel
- 50 liters of petroleum
- 5 petroleum lamps
- 5 big gas cylinders (18 kg)
- 20 small gas cylinders (0,5kg)
- 2 gas cookers (stoves)
- 14 different lamps (all work with LEDs to save power)
- 5 hand crank lanterns
- 30 cheap head lamps
- 5 gas masks
- 10 filters for those gas masks
- 3 small pocket FM radios
- 4 normal AC battery chargers
- 2 solar battery chargers
- around 100 rechargeable batteries in different sizes (they need to be charged and discharged on a regular basis and you have to keep a record for that, so it's not the best thing to store in huge quantities for trading)
- 2 car batteries

# WEAPONS, TOOLS & EQUIPMENT

## Equipment Continued

- 50 nylon tarps (different sizes and thickness)
- 50 heavy duty duct tapes
- 20 different kinds of glues (all purposes, wood, metal...)
- 5 heavy duty body bags for storing stuff (get the toughest bags you can get). You can carry 100 or 150 kg of weight or cans in one bag. There are 4 handles on my bags so four man can carry them easily, also great for hiding supplies underground, fluids don't leak out and not easily get in. You might want to seal them with extra duct tape though.
- 5 x 20 l shower bags for hanging showers
- 10 sets of 30m climbing ropes
- 2 big wheels of para cord (100m each)
- 20 emergency blankets
- 3 fire extinguishers (needs to be regularly checked)
- 3 sleeping bags
- 1 tent for two persons (small and lightweight)
- 2 camping cookware sets (lightweight, to quickly boil water)
- 100 fire starters (small cubes soaked in paraffin, hermetically sealed)
- 300 candles (all kinds are good, i prefer small candles for lanterns)
- 20 rolls of aluminum foil (simple kitchen type)
- 3 outdoor water filters (still looking for one heavy duty water filter)
- 10 replacement filters for the outdoor filters
- 3 knife sharpener
- 1 old foot powered sewing machine
- different sewing kits with needles, buttons, yarn...
- 10 tough padlocks

## WEAPONS, TOOLS & EQUIPMENT

### Equipment Continued

- 40 m of heavy steel chain
- 5 sets of different signs (different “danger mines” signs, “dangerous chemical spill”, make sure you use signs for events that are likely in your area. People are much more careful some weeks into SHTF because they know that even small health problems can mean their death)
- about 20 bags, different kinds, from simple few euros sport bags to more expensive hiking backpacks and military style backpacks (for different situations, sometimes you are going to just attract to much attention with some kind of bag, so you never know)
- 5 big plastic boxes (those type that like folks use mostly for moving, meant to be used to bury things in some places if needed)
- 2 mountain bikes with tools, spare parts, tires

# CLOTHING

## Clothing

Extra clothing at my bug out location. I rely a lot on wool because it can be better dried next to a fire than clothes made from synthetic fibers. If you have the money get merino wool.

- 40 pairs of cheap working gloves
- 20 pairs of different types of gloves, some for working with ropes, some to keep hands warm...
- 25 pairs of wool socks
- 6 pairs of work boots
- 10 pairs of gaiters (helps to keep boots dry)
- 5 additional cargo / army pants
- 6 wool pullovers
- 4 military ponchos (multiple uses as tarp and so on)
- 3 military protective suits (chemical)
- 4 phantom masks (balaclavas, can be used as hat or scarf)

## HYGIENE & FIRST AID

### Hygiene

Part of this should be also having enough clothes to change. Enough pairs of socks, shoes and underwear are important for example.

- 100 soaps (different sizes)
- 20 liquid soaps
- 50 liter shampoo (different kinds)
- 100 small bottles of hand sanitizers (again it is better to have lot of small containers instead of a few big)
- 50 kg of washing powder
- 20 liter of washing detergent, liquid
- 100 disposable razors
- 5 old style razors (non disposable, full metal)
- 100 rolls of toilet paper (when I run out off toilet paper I will use water and rugs that I clean and use for it again. Women used these rugs for their period as well.)
- 50 tubes of tooth paste
- 1 basic dental set, dental analgesic gels and few dental pliers
- 15x 500 ml mouth wash solution
- 2 manicure sets (nail cutters, scissors...)
- 20 kg of calcium hypochlorite to sanitize the field latrine (has to be used with gloves and mask)

## HYGIENE & FIRST AID

### Medical Supplies

Most of this is good for trading so I did not highlight anything particular. I have worked my whole life in the medical field and that's why this part is so detailed. Starter items everyone should have are highlighted in [blue](#).

I saw too many people dying of simple diseases and injuries that became major problems and that happens easily when SHTF. I do not want this to happen to anyone in my family or me. In a less violent SHTF scenario than what I have been through, more people will die from diseases than bullets.

- [300 elastic bandages](#)
- [500 sterile gauze compresses](#)
- 20 burn dressings (sterile water gel soaked dressings, used as a first aid treatment for burns, in order to cool and keep the affected areas sterile)
- 10 EMT shears (heavy duty scissors, very good for cutting different stuff, with good quality EMT scissors you can cut wire)
- 50 CPR masks (disposable)
- suture and surgical kit (tweezers, needle, needle holders, scalpel blades, blade holder...)
- 50 disposable suture removal kits (trays, scissors, metal forceps, gauze bandages and compresses)
- 300 IV catheters (different sizes)
- 500 syringes (different sizes)
- [15 liter of medical alcohol](#)
- 1000 needles
- 2 sets of old style reusable glass syringe and needle (was hard to find)
- 150 IV sets (also can be used for setting up a wound irrigation system)
- 100 iodine scrubs(used for surgical hand washing in normal times, can be perfect for wound treatment)

# HYGIENE & FIRST AID

## Medical Supplies Continued

- 3 big tubes of non sterile gauze
- 5 stainless steel drums for sterilizing things (like the gauze from those 3 big tubes)
- 5 small oxygen tanks (5kg) to to deliver oxygen to patients, or to deliver drugs via inhalation
- 4 oxygen regulator
- 4 humidifier (to humidify breathing oxygen, use sterile or cooked water, change water regular)
- 20 oxygen masks (non re breather)
- 10 nebulizers (to administer drugs in form of aerosol-inhalation)
- 1 o2 powered respirator (for resuscitation use)
- o2 powered suction unit (tool used to suction secretion from a patients airway for example during reanimation or in semiconscious patient who is vomiting)
- 2 laryngoscope sets (used to intubate non breathing patients)
- 10 sets of ET tubes (endotracheal tubes), all sizes for people who stopped breathing
- BVM masks, pediatric and adult (bag valve masks to keep patients breathing with your help)
- 3 sets of combitube (easier to intubate, some restrictions, laryngoscope not needed)
- 2 sets of airway, nasal and oral boxes of tube holders to keep the airways of unconscious people open
- 20 urinal catheters sets (very important if you have a sick person who is laying down for a longer time in order to prevent further hygienic complications and infections)
- 1000 disposable masks (to use for dealing with patients, scavenging, cheap low protection masks)

## HYGIENE & FIRST AID

### Medical Supplies Continued

- 1000 disposable medical gloves (non sterile)
- 50 pairs of sterile gloves (for treating wounds)
- 20 sterile fields( for small surgical treatments...)
- 50 respirator masks (to use in more “dangerous” medical situations, disease outbreaks for example, pandemics)

### DRUGS

As with any drug, especially with antibiotics you need to be fully aware of any drug allergies you or your family have. BUT in a real SHTF situation the risk of not taking antibiotics is in some situations much greater than the risk of an allergic reaction.

Make sure you get a reference book that features all the drugs you have that you can check on negative side effects, drug interactions and so on. If I mention boxes, each box contains pills for one course of treatment.

- 50 x 250 ml Normal saline (IV solution, or for wound irrigation, also used in eye washing)
- 50 x 250ml 5% Glucose (IV solution)
- 10 ear infection antibiotic ointments
- 20 small antibiotic creams (cuts, wound treatment)
- 5 anti fungal creams
- 5 liter iodine (for wound treatment)
- 2 liter Rivanol (wound / inflammation treatment)
- 10 liter of hydrogen peroxide wound treatment and mouth antiseptic (needs to be 3% for that)
- 3 liter of Stomatidin (to treat mouth infections)
- 200 vials (bottles) of Penicilin (antibiotic)

# HYGIENE & FIRST AID

## Drugs Continued

- 50 ampules of Gentamicin (antibiotic)
- 50 ampules of Lincocin (antibiotic)
- 4 Antitetanus treatments (important is to have regularly updated shots, and boosters)
- 3 snake venom kits (injection drugs for snake venom, we have only two types of dangerous snakes)
- 200 ampules of Apaurin / Diazepam (sedative, muscle relaxant)
- 100 ampules of Analgin / Metamizole (analgesic, for fever)
- 40 ampules of Reglan / Metoclopramide (stomach problems, vomiting)
- 40 ampules of Ranitidine (stomach problems, diarrhea)
- 40 ampules of concretated Glucose (hypoglycemia)
- 40 ampules of Aminophillyin (bronchodilator, helps with breathing problems, Asthma, bronchitis...)
- 40 ampules of Urbason / Solu-medrol (breathing problems and conditions, allergic reactions)
- 40 ampules of Synopen (allergic reactions)
- 40 ampules of Spasmex (antispasmodic)
- 40 ampules of Adrenaline (allergic reactions, cardiac arrest)
- 40 ampules of Atropine (used for reanimating people)
- 40 ampules of Dexasone / Dexamethasone (different inflammations processes, corticosteroid)
- 20 Voltaren gels (pain)
- 40 ampules of Lasix (high blood pressure drug, hypertension, edema)
- 50 Prolax (glicerol) suppositories (constipation)
- 10 Bisolvon solutions (solution for inhalation via nebulizer to clean mucus from respiratory tract, for bronchitis, asthma, pneumonia...)

# HYGIENE & FIRST AID

## Drugs Continued

- 50 Linex powders (diarrhea)
- 100 Tylool (cold or flue symptomatic treatment, pain , fever)
- 500 aspirin
- 5 boxes of Voltaren suppositories (pain,fever)
- 5 boxes of Cyprobel (antibiotic)
- 10 boxes of Amoxicillin (antibiotic)
- 10 small “first aid” survival kits, every small bag is packed with pair of gloves,iodine bottle,5 sterile compresses and emergency blanket.
- 10 Sulfadiazine creams (for burns treatment)
- 5 boxes of Ibuprofen (pain, fever)
- 15 boxes of Enterofuryl (diarrhea)
- 5 boxes of Azithromycin (antibiotic)
- 10 bottles multivitamin pills (100 pills each)
- 5 boxes of Paracetamol / Acetaminophen (pain, fever)

If you have children it is very important to be sure what kind of antibiotics your child responds to best. There is much more to go into and if the feedback is positive I will create another first aid course that covers this. If you want this or have specific questions I should address in such a course please email me and let me know.

For example, if you have an exhausted, malnourished person, you administer a mix of: 250 normal saline, 3 concentrated Glucose ampules and some mix of vitamin injections. You mix all of that in 250ml infusion, and give him one each day for 5 days to get him back on his feet.

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