



Washoe Patriots  
Survival Preparations  
Saturday 06/19/2023

1. Water

1. Gallons of distilled water for drinking/cooking
  1. Minimum ½ gallon per person per day to drink, 1 full gallon is better
2. Gallons of spring water if filtered can be used for cooking/drinking
3. Filtering systems
  1. Life Straws<sup>R</sup> for filtering water, will do 1,000 gallons
  2. 5 gallon buckets with 4 prepackaged filters from pitchers
4. Chlorine Dioxide for killing pathogens in water – 16 drops(0.8 ml)/gallon
  1. 1 400 ml bottle will purify 500 gallons of water
5. Hand pumped wells

2. Food

1. MREs or pre-made kits like Patriots Meals
  1. Expensive
  2. Taste is questionable, but if you're starving who cares
2. Beans – 2 lb bags good for about 20 meals
  1. 8 grams of protein/serving
  2. 22 grams of carbs
3. Long grain brown/white rice – 2 lb bags good for about 20 meals
  1. 3 grams of protein/serving
  2. 34 grams of carbs
  3. Be sure to also have soy sauce/liquid aminos, butter, or gravy for flavoring
4. Oatmeal
  1. 18 oz canister
    1. 13 servings
    2. 5 grams protein
    3. 27 grams of carbs
  2. Cold steel cut oats 32 oz
    1. 22 servings
    2. 6 grams protein
    3. 27 grams of carbs
5. Large cans of soup
  1. 32 cans
  2. Protein and carbs vary from type to type
6. Canned Tuna/Chicken
7. Cans of Spam
8. Beef Jerky
9. Large bottle of Protein powder

Goal should be to have a minimum of 45 days of food per person in household