



Essential Water Checklist

Water, above all else, is the most vital of the [emergency essentials](#). A relatively healthy person can go upwards of 8 weeks without food but that same person, not subjected to weather extremes or above average physical exertion, will last only 3 to 5 days without water.

Most of us grew up with that standard *8 glasses of water each day* drummed into our ears but times have changed (and so have medical findings). The Institute of Medicine found the most efficient way to stave off dehydration is to “drink when you're thirsty”. While this is excellent advice, it does present a problem for those of us preparing for emergencies. We need specific quantities, numbers to add and multiply together. Thankfully, the IOM also provided recommended amounts. The average person should have a general fluid intake of about 110 ounces (13 cups/3 liters) of water daily, slightly less for women and a little more for men. Keep in mind, while 80% of your intake comes from fluids, 20% comes from foods like fruits and vegetables.

Note:

Store at minimum 1 gallon of water per person per day and each pet if you have them. We highly recommend that for hotter climates, pregnant women and people who are sick you store upwards of 2 gallons of water per person per day.

THE LIST

A plan for long-term water supply contingencies	Bottled Water in various containers and sizes. Enough for 3 liters per/day per/person	
Knowledge of where Natural Water Sources are located in your area and how to get to them	5-10 gallon Stack-able Water cubes.	
1 water BOB per bath tub	Spare filters	
Family and portable water filters	Iodine tablets if boiling is not possible	
The ability and supplies to boil water	Labels for identification & dates (Yes! Water does go bad if not stored properly!)	
Bleach to sanitize containers and make potable water if boiling isn't possible.	Spare Parts (to maintain rainwater collection & related components)	
Rainwater Collection System with Overflow Storage	Water monitoring & testing kits. (Always good to have on hand when water is questionable)	
1 water BOB per bath tub		

Note:

Water weighs a bit over 8lbs a gallon. If you find yourself in a bug-out scenario, Make absolutely sure you are able to carry what you need or have a good quality portable water filter with you to purify water on the go.

TIP:

To sanitize water containers, add a solution of 1 teaspoon of unscented liquid chlorine bleach to one quart of water. Swirl in container for at least 30 seconds and let air dry.

TIP:

Avoid using the following containers to store safe water:

Containers that can't be tightly sealed

glass bottles or containers that can easily break.

By all means, never use containers that have had any toxic liquid or solid chemicals in them. This includes old chlorine bleach bottles.

Any cardboard or plastic containers that have been used for fruit juices or milk.