

# Zombie Apocalypse Survival Supplies

SURVIVAL SUPPLY	WEIGHT OF SUPPLY	NOTES
MREs (meals, ready to eat)	1 pound	These are military food rations, essentially. If MREs are all you eat, you'll need one or two a day to survive.
Water	8 pounds	Eight pounds is equivalent to 1 gallon of water, which is the recommended amount per day per person for drinking, cooking, washing, and so on.
Other food options?		A small can of food is about 1/2 pound (8 ounces); a large can is about a pound (16 ounces).
A heavy-duty flashlight	3 pounds	You'll also need extra batteries.
A first-aid kit	3 pounds	
A radio	½ pound	This should be a small, pocket-size transistor.
A sleeping bag	2-4 pounds	It should be insulated.
A hand mirror	1 pound	This item is good for signaling and peeking around corners.
Maps and a compass	1 pound or more	
Rubbing alcohol	2 pounds	This item is used for first aid, and for starting fires.
Matches and a lighter	<1 pound	
Clothing and shoes	2-3 pounds	One complete change of clothes plus footwear is recommended.
Binoculars	1-3 pounds	
A flamethrower	40 pounds	Not a chance!