

# POD Basics Checklist – Based on the 5 Pillars of Survival

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Five core principals of survival that might apply to any type of survival situation are:

1. Water
2. Food
3. Shelter
4. Energy, Electricity, Fire
5. Person Health & Security

What supports and enhances all these are Tools which equal physical tools, training, skills and knowledge; particular knowledge.

The purpose of a POD is to provide a temporary (days to a couple months) safe location where other members of the group can stay while the situation is being handled. This is basically a co-op situation where specific individuals are assigned to each POD and work together.

So each person who has agreed to be a POD location needs to work out these basic necessities with their members and themselves. This will vary for each location and environmental situation (cold or warm climate).

To qualify as a POD the house or shelter location needs to be large enough to accommodate 8-10 people up to approximately 15. This makes it small enough to be manageable. It needs to be in a non-war zone neighborhood that can easily be defended. Examples would be house is on a hill or raised up, backs up to a wooded preserve, on a dead-end street, on a short street that is not a known “cut-through” street, etc.

## Person Health & Security

\_\_\_\_\_ A larger **first aid kit** and/or **survival medicines** or alternative medicines. This would include bandages, wraps any specific medicines for that environmental situation.

\_\_\_\_\_ Some **weapons and ammunition**. Preferably a Glock .40 caliber handgun and 12 gauge shotgun which are common size ammunition we have standardized on for CPG.

\_\_\_\_\_ **Deadbolt** locks on all the doors, preferably Medeco high security deadbolt locks.

\_\_\_\_\_ Any broken or insecure windows fixed.

\_\_\_\_\_ (Optional) Secure any roof access if you have a second story house.

\_\_\_\_\_ (Optional) Reflective film across your windows.

\_\_\_\_\_ Fix any broken or insecure **access** to the house.

\_\_\_\_\_ Fix or handle any **house health issues** like mold, areas that might flood with outside prevention like “French drains”, unsafe electrical issues. Basically any unsafe deferred maintenance.

\_\_\_\_\_ **Each POD member is responsible to bring their own, food, supplements and medicines that they normally take or have as backup for illness. As well they would bring weapons and ammunition.**

## Shelter

\_\_\_\_\_ **Window Covering** – Plywood cut to the size of each window with screw holes in plywood and the house that can be put up in case of severe weather or other outside threat.

\_\_\_\_\_ During an emergency where the POD is being used by others, do not maintain outside of house, like cut grass, trim hedges, etc. Keep it rough looking for low profile.

\_\_\_\_\_ Figure out **sleeping and living accommodations** for each POD member who will be staying there. Any specific general things they might need like black out curtains to sleep, etc. Also how many beds, couches or sleeping pads would be needed. Talk with other members of the POD to see what they have, and if needed help them bring it over, like a folding bed.

\_\_\_\_\_ Work out the **bathroom** facilities and don't over tax it for the amount of people who might be staying there if you only have one. Ideally the POD would have 2 or more full bathrooms. Work out what could be a temporary backup system using a compost toilet (info on site).

\_\_\_\_\_ Do an inventory of how much **silverware, plates, bowls, cups, etc.** you have and see if it will accommodate the people assigned to your POD. Otherwise get a good stock of paper plates, bowls, cups, paper towels, etc. and/or have other POD members bring theirs over or chip in for paper ones.

\_\_\_\_\_ Make sure the POD has plenty of reserve bundles of **toilet paper**, you should have this anyway for barter. You can stock up at Costco when they have specials or other discount outlets.

\_\_\_\_\_ Make sure the POD has some fans (large and small) and **portable heaters**. Also pick up a couple of **window air conditioners** (if in warm climate). You can get these on special at Home Depot, Costco or search out house rehabbers who are throwing these away from a house they are putting in central air.

\_\_\_\_\_ Check your **cleaning supplies**, dish soap, bathroom cleaners, rags, sponge packages, etc. to make sure you have 2 or more of each.

\_\_\_\_\_ (Optional as **each POD member will bring** their own) Count how many **blankets and sheets** you have as a backup.

## Water

\_\_\_\_\_ Each POD house needs to have a source of **potable drinking water** for POD members, or a way of producing it. Examples would be a

- Large water storage container that has been treated for long-time water storage.
- An air to water machine that distills and purifies water from the air.
- A pool that can be used for washing and drinking after being filtered.

\_\_\_\_\_ A **water filtering device** for taking unsanitary water from any source and making it drinkable. Example would be LifeStraw Family Water Purifier on Amazon. It costs \$75 and produces 2.5 gallons of purified water every hour. [http://www.amazon.com/LifeStraw-Family-1-0-WaterPurifier/dp/B00FM9OBQS/ref=sr\\_1\\_1?s=sporting-goods&ie=UTF8&qid=1406207623&sr=1-1&keywords=family+water+purifier](http://www.amazon.com/LifeStraw-Family-1-0-WaterPurifier/dp/B00FM9OBQS/ref=sr_1_1?s=sporting-goods&ie=UTF8&qid=1406207623&sr=1-1&keywords=family+water+purifier)

\_\_\_\_\_ Each member of the POD is responsible to bring their supply of drinkable portable water with them (it might take a couple trips and help from other members).

## Fire, Heat, Energy

\_\_\_\_\_ Some sort of backup electricity is needed.

**Gas generators** are normally noisy, dangerous, draw attention and don't produce enough electricity to make it worth the time. But having said that there is one that occasionally is on sale at Costco for \$600 that is both gas and propane and is a short term solution. The Champion 71530 Dual Fuel which produces 7000 watts of power on gas and 6300 watts on propane which is plenty to power a whole house. But you can't tap into you're breaker box so you need heavy cable and a junction box to run refrigerator(s) and other appliances directly off of it.

Also there are **solar panels** but they can be costly plus you need an inverter and storage batteries to use the electricity. If you go this route make sure to get deep-cycle marine batteries.

\_\_\_\_\_ For backup cooking, in case power goes out for an extended period of time, you will need a **propane barbeque grill or large camping stove**. Make sure you have a few **propane tanks** over and above what you might be using for emergency electricity. *FYI propane tanks have a 12 year refill time from date of manufacture. If the date has expired, the tank needs to be inspected and re-qualified otherwise they won't refill it. Might be cheaper to buy new ones on special.*

\_\_\_\_\_ Portable **heaters**

\_\_\_\_\_ Couple of portable **lights** (propane or battery operated)

\_\_\_\_\_ **Matches, lighters, spark igniters** for grill, etc.

\_\_\_\_\_ (Optional for POD house in colder climates) A working **fireplace** with a supply of wood.

## Food

\_\_\_\_\_ At least a **four-week supply of food** for your family, ideally 6 months or more. **Each member of the POD is responsible to bring their supply of food with them** (it might take a couple trips and help from other members).

\_\_\_\_\_ Some basics are 10 lb. pound bags of **rice, canned goods** that you would eat, like thick soups, **protein & granola bars**, etc. (See attached In Home Survival Checklist).

## Tools

\_\_\_\_\_ **Licensed Ham Radio operators** with working portable radios so communication can be done between other PODs during the emergency.

\_\_\_\_\_ Emergency **radio(s)** battery operated with spare charged batteries and ways to recharge them.

\_\_\_\_\_ **Entertainment** such as board games, puzzles and books (fiction and non-fiction).

\_\_\_\_\_ **Each POD member is responsible to bring their "Survival Binder" which contains all their legal documents, licenses, credit card copies, deeds, birth records, titles, etc.**

\_\_\_\_\_ **Each POD member is responsible to bring some emergency cash and some barter items.** Barter items would include: matches, Bic lighters, toilet paper, some canned foods (such as chili spam stews green beans, etc.), batteries D & C sizes, tarps, etc. Do a search for good barter items.

Also look at the Emergency Food Reserves Checklist along with this.