



THE SACRAMENTO STAKE
SELF-RELIANCE NEWSLETTER
FOR NOVEMBER 18, 2012

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Food and water are the number one items that should be considered respectively for long-term and short-term storage. However, at the same time, you might decide to purchase or have the following items on-hand.

Consider also having a **family home evening** to discuss what else might be needed on this list.

(List has been adapted and abbreviated from:
<http://www.thesurvivalistblog.net>)

- Aluminum foil and plastic wrap
- An inflatable kiddie pool or camp shower

- Baby supplies - cloth diapers, pins, bottles, blankets, clothes, etc.
- Bags: paper/plastic and cloth
 - Battery operated lanterns
- Sturdy bikes and tie repair kits
 - Binoculars
 - Board games
 - Bottle openers
 - Brush/comb, hair ties
 - Candle holders
 - Canning equipment
 - Canvas shopping bags
- Chalk/eraser, and blackboard
- Cheesecloth and nylon net
 - Gease pencils
 - Clean rags
- Cleaning items, from hand soap to detergent. Also a scrub board
 - Cloth napkins
- Clothesline and wooden clothespins
 - Coats/jackets/sweaters
 - Cold and hot packs
 - Cotton balls
 - Dental supplies
 - Dish cloths
- Duct tape and reflective tape
 - Duffle bags
 - Dust pan
- Elderly equipment from walkers to bedpans and even an extra wheelchair as needed
- Extension cords - indoor and outdoor
- Extra air mattresses or cots
- Extra gardenhose and nozzles
- Eyedroppers of various sizes
 - Eyeglass repair kits
- Fingernail brushes to wash with and emory boards
 - Fly paper
 - Flyswatters
 - Foam camping pads
- Folding cloth camping chairs
 - Folding table
- Supply of mechanic pencils and lead
- Garden trowels and hand shovels
 - Goggles - safety ones
 - Goo remover aka Goo Gone
 - Hair cutting scissors
 - Hand axe, nails, screws, screwdriver, hammer, etc.
 - Hand-sewing equipment
- Hard hats and sturdy gloves
 - Hot water bottle
 - Ice chest
 - Ice scraper
- If you live where you might be flooded out: a small boat or canoe of some kind with a paddle/oar
 - Insect repellent
- Jar openers - the type that lets you get leverage on the lid
 - Kitchen timer
- Knitting and crochet needles and a supply of yarn
 - Leather punch and knife
 - Life preservers
 - Lip balm
- Locks - combination, keyed, and other types as needed
 - Magnifying glass
 - Manual can openers

- Maps
- Measuring cups - metal
- Measuring spoons - metal with engraved markings.
- Medical supplies (big topic)
 - Metal garbage cans
- Moth balls, cedar balls, and smelling salts
- Nail clippers - both human and pet
 - Newspaper supply
 - Note pads
- Outdoor cooking equipment, including dutch ovens and fuel
 - Outdoor thermometers
- Pail for carrying water or whatever
- Paintbrushes and paint as needed
 - Paper clips
- Pea shellers, corn huskers, apple peelers and corers, etc.
- Pet supplies/food/carriers
- Plant pots for starting seedlings
- Plastic bags - bread, ziplock, etc.
 - Playing cards
 - Pocket knife
 - Portable potty
- Pregnancy test kits and baby birthing information/equipment
- Rain gauge - for keeping track of rainfall
- Rennet tablets for cheese-making
 - Rubber bands
 - Rubber boots
- Safety pins - heavy duty
- Sanitary napkins and supplies
 - Scissors
 - Scouring pads

- Sewing patterns
- Shoe and boot laces
- Sleeping bags and camping equipment
 - Solar calculators
 - Solar oven
- Songbooks and simple instruments
 - Spare batteries
- Spare buttons and zippers
 - Spare pills
- Staples and stapler
- Straight or safety razor for shaving
 - Straws
- Strike anywhere matches
 - Strong glue
 - Sturdy shoes
- Sunscreen and aloe gel
 - Toothpicks
- Tow strap for vehicles
 - Twist ties
- Utility knives - the kind that take the disposable blades or razor blades
- Plastic food grade gloves
 - Gardening gloves
 - Hats for warmth
 - Extra blankets
 - Vegetable peeler
 - Walking Canes
- Wax, candle molds, and a double boiler for melting wax
 - WD-40
- Weapon of your choice
- Wheelbarrow - get a good quality metal or heavy duty plastic one

- Wind up clocks
- Windshield wiper blades
- Winter scarves, gloves, mittens
- Wonderbox Oven

Lots of things to think about. Don't worry that you don't have it all, most of never will! But you can pick out a few things that capture your attention and store them.

As always, pray over it!

HOW TO USE A SUN SHADE FOR SELF RELIANCE

Make it into a solar cooker and water purifier!

<http://solarcooking.org/plans/windshield-cooker.htm>,

The key tools to efficient solar cooking and water purifier are a reflector (sun shade), an absorber (dark colored container), and glazing (cooking bag).

Or, use as a signal mirror
Reflect heat from a fire or under your sleeping bed

