

Preppers' Printable Survival Checklist

Food & Nutrition

- ☐ Moringa Powder (human use)
- ☐ High-calorie survival bars
- ☐ Manual grain mill
- ☐ Canned proteins (beans, fish, chicken)
- ☐ Herbal teas (e.g., mint, hibiscus, holy basil)

Water & Purification

- ☐ Moringa Seeds (for water clarification)
- ☐ Portable water filter
- ☐ Water purification tablets
- ☐ Stainless steel water bottle
- ☐ Collapsible water storage containers

Medical & First Aid

- ☐ First aid kit (bandages, antiseptics)
- ☐ Activated charcoal
- ☐ Thermometer
- ☐ Pain relievers (ibuprofen, acetaminophen)
- ☐ Natural salves (Moringa, comfrey, calendula)

Animal Care

- ☐ Moringa Animal Supplement (pellets)
- ☐ Emergency feed rations
- ☐ Water trough or bowls
- ☐ Wound treatment spray
- ☐ Identification tags or collars

Garden & Soil Health

- ☐ Moringa Bio-Stimulant Powder
- ☐ Non-GMO seed vault
- ☐ Compost tea bags
- ☐ Hand tools (trowel, pruner)
- ☐ Grow bags or containers

Sanitation & Hygiene

- ☐ Solar shower or collapsible basin
- ☐ Biodegradable soap
- ☐ Toilet paper / wet wipes
- ☐ Feminine hygiene products
- ☐ Hand sanitizer / gloves

Barter & Misc Survival

- ☐ Silver coins or trade tokens
- ☐ Multi-tool or Swiss Army knife
- ☐ LED flashlight / headlamp
- ☐ Lighter / firestarter
- ☐ Notebook + waterproof pen

January Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

February Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

March Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

April Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

May Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

June Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

July Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

August Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

September Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

October Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

November Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

December Prepper Journal + Grow Tracker

■ Planting & Germination Log:

■ Garden Tasks & Notes:

■ Animal Feeding & Care Log:

■ Water Storage / Purification Actions:

■ Soil Health / Amendments:

■ ■ Emergency Prep / Go-Bag Review:

■ Monthly Reflections & Intentions:

Quick Reference Chart - Human Use & Water Purification

■ Moringa Tea Dosage	1 tsp dried leaf per 8 oz hot water. Steep 5-7 min.
■ Moringa Powder	1/2 - 1 tsp daily in food, smoothies, or baked goods.
■ Seed Soaking	Soak 3-5 seeds for 24 hours before planting.
■ Planting Depth	1/2 inch in well-drained soil. Germinates in 7-10 days.
■ Seed Powder for Water	Crush 1 seed per liter. Stir, settle 30 mins, strain.
■ Extract for Water	Use a few drops per liter. Stir, settle 30–60 mins.
■ Storage Tip	Store powder/leaves in sealed Mylar or glass jars. Keep cool/dark.

Quick Reference Chart - Animals & Soil

■ Animal Feed Ratio	5% of daily feed. Use pellets, not powder.
■ Who Can Use It?	Goats, chickens, rabbits, pigs, horses.
■ Intro Monitoring	Watch animals for tolerance the first 7 days.
■ Bio-Stimulant - Soil	1-2 tbsp per gallon of soil.
■ Bio-Stimulant - Tea	Mix in compost tea or sprinkle monthly.
■ Foliar Spray Mix	Dilute 1:100. Apply weekly to leaves.
■ Companion Plants	Lemongrass, holy basil, rosemary, garlic, oregano.
■ Compost Use	Spent Moringa = green material. Boosts soil health.