

HOW TO SURVIVE WW3 CHECKLIST

PROTECTIVE GEAR:

EVAKPAK™ SURVIVAL KIT

CM-6M Gas Mask, NBC-77 SOF filter, VK-530 filter, MIRA KI Pills, Drop Leg Pouch



BOOTS AND GLOVES

MIRA Safety Butyl Hazmat Overboots

MIRA Safety NC-11 Protective CBRN Gloves



HAZMAT SUIT

MIRA Safety HAZ-SUIT for full-body protection against hazardous materials



DECONTAMINATION:

DECON SHOWER

Portable Decontamination Shower System



CBRN DETECTION STRIPS

MIRA Safety CWD-3 CBRN Detection Strips



PHYSICAL & MENTAL PREPARATION

FITNESS:

PHYSICAL FITNESS TRAINING

Build your endurance to run three miles in under 30 minutes (Without gear on)

MENTAL RESILIENCE

Practice stress management techniques (e.g., mindfulness, controlled breathing)

RADIATION PROTECTION:

POTASSIUM IODIDE TABLETS

MIRA Safety Thyrosafe Potassium Iodide Tablets for radiation emergencies



GEIGER COUNTER

MIRA Safety Geiger-1 Radiation Detector to monitor radiation levels



SUPPLIES:

EMERGENCY RATION

Stock up on long-term food storage

1

WATER STORAGE & FILTRATION

Ensure access to clean water with portable filtration systems and emergency water storage

2

MEDICAL KIT

First Aid Kit with trauma supplies

3

COMMUNICATION TOOLS

Satellite Phone, Emergency radios for staying informed

4

EMERGENCY SHELTER

Bunker down for the first 48 hours

5

SELF-DEFENSE:

TRAINING IN HAND-TO-HAND COMBAT

Consider enrolling in a self-defense course

FIREARM TRAINING

Get proper training and legally purchase a firearm if necessary