

3 Day Survival Pack

- Backpack
- MRE or Freeze dried food
- Flashlights
- Batteries
- Hand-crank radio
- Multi-tool
- Knives (folding and fixed)
- 550 paracord
- Clothes and shoes
- Water purification tabs or filter
- Multi-vitamins
- First aid kit
- Survival handbook
- Hygiene necessities
- Fire-starting materials
- Emergency blankets
- Bug repellent
- Compass
- Map
- Signal mirror
- Sun block
- Safety whistle
- Ziploc bags
- 150 grain alcohol
- Tarp
- Water bottles
- Moleskin
- Roll of duct tape
- Camp stove
- Can opener (small)
- Machete
- Prybar
- Folding shovel
- Saw
- Poncho
- Solar charging kit
- Cash
- Personal defense
- Medications
 - Anti-diarrhea medication
 - Anti-inflammatory
 - Pain
 - Decongestant
 - Prescription
 - Anti-fungal
 - Anti-itch
 - Honey

3 Weeks – 3 Months Survival

- Expanded consumables
- Full backpack
- Solar recharger
- Water purification tablets, bleach and high flow water filter
- Camp toilet
- Cart, wagon, bike, etc. to collect/move supplies
- Firearms and ammunition (safety and barter)
- Improved shelter
- Water/rodent proof containers
- Sleeping bag
- Machete
- Prybar
- Extra boots
- Gas cans
- Fuel syphon or lightweight hose
- Alternate fuel supplies
- 2 way radios with multiple bands
- Handheld scanner
- Aluminum foil (cook, cove)
- Binoculars
- Night vision optics
- Additional medications

Apocalypse Rising Panelists

Dr. Stephen Novella

- Host/Producer, The Skeptics' Guide to the Universe
- Bio: <http://www.theskepticsguide.org/about/steven-novella>

Dr. Tedd Roberts - Neuroscientist

- Web Site: <http://teddroberts.com/about.html>
- Teddy's Rat Lab: <http://teddysratlab.blogspot.com>

Michael Z. Williamson - Author

- Dragon Con Bio: http://dragoncon.org/?q=guest_details_page/2025
- Web Site: <http://www.michaelzwilliamson.com/index.php>

Dr. Charles E. Gannon - Scientist

- Dragon Con Bio: http://dragoncon.org/?q=guest_details_page/2398
- Web Site: <http://www.charlesegannon.com/>

Jaym Gates - Author, Editor

- Dragon Con Bio: http://dragoncon.org/?q=guest_details_page/2882
- Web Site: <http://jaymgates.com/>

David Harmer - Author, Afermath! Asteroid Cybele: The American Wasteland

- Dragon Con Bio: http://dragoncon.org/?q=guest_details_page/48
- Web Site: <http://www.survivetheaftermath.com/>

Dr. Ben Davis - Scientist, 2016 LC Science Guest of Honor

- Dragon Con Bio: http://dragoncon.org/?q=guest_details_page/2833
- Web Page: <http://apocalypserising.dragoncon.org/guests/dr-ben-davis/>

F. Wayne Thompson - Registered U.S. Patent Agent

- Bio: <http://asgaardpatentservices.com/about/>

Jeff Hubbs - Panelist

Robert Royl - Lt. F.F./Paramedic

- Bio: <http://apocalypserising.dragoncon.org/guests/robert-royl/>

Hans Eckman

- <http://hanseckman.com>

Weapons for Survival

- Good fixed blade knife
- Machete (not swords)
- Light weight pry bar (defense and entry)
- Pistol:
 - .357/.38 revolver, 9mm/.45 semi-auto, .22LR
- Shotgun:
 - 12 or 20 gauge pump (Mossberg 500)
- Rifle:
 - .22LR rifle (Ruger 10/22)
 - AK-47 (7.62x39) or AR-15 (5.56/.223)
 - 30/30 lever, 30/06 or .308 bolt action
- Most common ammunition (resupply):
 - Government: 5.56x45 (.223), 7.62x52 (.308), 9mm
 - Private: .22LR, 30-30, 30/06, .223, .308, .38, 9mm, .45

Reference Materials: Non-Fiction

- How to Survive the End of the World as We Know It: Tactics, Techniques, and Technologies for Uncertain Times by James Wesley Rawles
- Survival Wisdom & Know How: Everything You Need to Know to Thrive in the Wilderness by The Editors of Stackpole Books
- When There Is No Doctor: Preventive and Emergency Healthcare in Challenging Times by Gerard S. Doyle (Author)
- Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergency, 5th Edition by Paul S. Auerbac
- How to Shit in the Woods, 3rd Edition: An Environmentally Sound Approach to a Lost Art by Kathleen Meyer
- The Hot Zone: A Terrifying True Story by Richard Preston

Preparation Organizations and Resources

- ZombieSquad - <http://zombiehunters.org/>
- SurvivaBlog.com

Reference Materials: Fiction

Books

- World War Z: An Oral History of the Zombie War by Max Brooks
- The Zombie Survival Guide: Complete Protection from the Living Dead by Max Brooks
- One Second After by William R. Forstchen
- Rot & Ruin by Jonathan Maberry
- Warm Bodies by Isaac Marion
- Patient Zero: A Joe Ledger Novel by Jonathan Maberry
- Apocalypse Z: The Beginning of the End by Manel Loureiro
- 77 Days in September by Ray Gorham
- The Moon Is a Harsh Mistress by Robert A. Heinlein
- Atlas Shrugged by Ayn Rand
- Walking Dead by Robert Kirkman

Movies

- I Am Legend
- 28 Days Later
- Day of the Dead
- World War Z
- Warm Bodies
- The Last Ship
- Walking Dead
- The 100
- Survivors