

GFM PREPPER SURVIVAL GUIDE

You can only be free if you are prepared enough to stay standing.

As The Great Reset and NWO advances, our access to goods and energy we need to survive will be systematically cut off.

The window of time you have to remain free depends entirely on the amount of resources you have to sustain yourself and your family when your access is cut.

We recommend everyone have at least 6 months of resources, during which time we MUST take our freedom back so that those first to run out of resources are not forced to kneel and submit to government demands.

The GFM is based on the decentralization principles, and they apply to each individual using their own resources and time to prepare themselves and their families accordingly for survival, revolutionary action, communication, and protecting their property.

Every Freedom Fighter in the GFM should do their best to check off every item in this list, as well as the Back-Channel Communication Sheet and the Revolution Item Checklist in order to be as prepared and equipped as possible.



**GLOBAL FREEDOM MOVEMENT
IN FREEDOM WE STAND**

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FOOD

Each fully grown adult needs the following food items to survive for one month:

GRAINS: 30lbs	(WHEAT, RICE, FLOUR, OATS)
FATS / OILS: 2lbs	(PEANUT BUTTER, LARD, OLIVE / COCONUT OIL)
DRIED OR CANNED MEAT: 2lbs	(JERKY, CANNED TUNA/CHICKEN ETC)
BEANS: 6lbs	(DRIED LENTILS, KIDNEY BEANS, SOUP MIX)
SUGARS: 2lbs	(HONEY, BROWN SUGAR, WHITE SUGAR)
MILK /DAIRY: 6lbs	(POWDERED MILK, EVAPORATED MILK)
DRIED FRUIT: 2lbs	(HIGHT VITAMIN AND NUTRIENT FRUITS)
CANNED VEGETABLES: 6 cans	(PEAS, CARROTS, ETC)
SALT: 1-2lbs	(CHOOSE SALT HIGH IN MINERALS)
DAILY VITAMIN	(MULTI-VITAMIN 1-A-DAY)
WHEY OR DAIRY-FREE PROTEIN POWDER	(20-GRAMS PER DAY)
WATER (DRINKING): 20 GALLONS	
WATER (BATHING AND COOKING): 20 GALLONS-MIN	(SPONGE BATH)

NOTE: these are minimum amounts, those engaged in physical activity will require more to maintain. Adding more sugar to this list is wise. Sugar water is used to fight the effects of starvation. Ensure you have as long of a supply of essential medication for any illnesses as possible, and adding more minerals and supplements is advisable, 6 months of pet food and supplies also recommended.



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Survival Checklist

1. Aluminum foil
2. Ziplock bags
3. Candles
4. Seeds
5. Soil
6. Lighters/Matches
7. Rope
8. Glue/Tape
9. First Aid Kits
10. Laundry Detergent
11. Hydrogen Peroxide
12. Bleach
13. Generator
14. Battery Powerbank
15. Solar/Crank Light-Radio
16. Propane Heater/Stove
17. Cans of Gas/Propane Tanks
18. Water Filtration/Purifier
19. Firearms and Ammunition
20. Fishing Rod and Kit
21. Recurve Bow and Arrows
22. Siphon Kit
23. Handsaw/Chainsaw
24. Paracord
25. Backpacks
26. Toiletries
27. Wet Wipes
28. Multi-Tool
29. Axe and Hatchet
30. Wood Rocket Stove
31. Sewing Kit
32. Tarp
33. Emergency Blankets
34. Baking Soda
35. Disposable Gloves
36. Potassium Iodide Pills
37. Amoxicillin
38. Batteries
39. 5 Gallon Buckets
40. Shovel
41. Tent
42. Barter Items (Gold/Silver)
43. Solar Charger Kit
44. Map and Compass



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