



KETTNER EMERGENCY PREPPING LIST

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Why is crisis preparedness so important?

Is it really necessary to take crisis precautions? In a nutshell - yes!

But first, you should calmly consider what exactly a crisis is and how you can prepare for it. A crisis does not necessarily mean the end of the world or the next world war. It is often the "banal" things that upset our "normal" lives. Take natural disasters, for example. Most people will think of earthquakes, floods, avalanches, volcanic eruptions, storms or tornadoes. Especially here in Germany, these are all very real dangers, apart from volcanic eruptions (the last one was about 11,000 years ago, and the Eifel counts as an "active" volcanic area). But the other natural disasters occur again and again in Germany at more or less regular intervals. However, there are also other circumstances that can greatly affect "normal" life. Technical accidents such as power outages (blackout), chemical or nuclear accidents, another Financial/economic crisis, epidemics/pandemics, strikes, or unforeseen events. This list could be extended at will. It only takes one of the above-mentioned events to permanently disrupt "normal" life. There are certainly regional differences. Especially in a big city, people are much more susceptible to the negative effects of such events than in the countryside. Many will now think that this is not true, because in a big city you have a much better infrastructure. Simply put, the well-stocked supermarket is just around the corner. But these shops are dependent on daily supplies.

If this is disrupted by an event, nothing more comes in and the shelves that were just well filled are quickly bought empty, probably within a few hours. And when an urgently needed commodity becomes scarce, things quickly get uncomfortable. We all know the images from television when the shops open for "clearance sales". Now imagine that it's not about clothes, but about food or drink that is essential for survival...

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|------------|--|--|--|
| Rule No.1 | | Don't talk to anyone about your crisis provision! -> The Greyman Principle applies here | |
| Rule No.2 | | Keep your prepping & equipment list a secret from everyone! | |
| Rule No.3 | | Are you taking precautions? -> Then you should take crisis prevention seriously! | |
| Rule No.4 | | Properly divide your crisis supplies when the emergency arrives. | |
| Rule No.5 | | In a crisis, the first thing that counts is the community (the network)! | |
| Rule No.6 | | If you buy too cheap equipment, you buy twice! | |
| Rule No.7 | | Your financial situation is nobody's business! | |
| Rule No.8 | | There is not THE way - everyone has their own personality and copes with the crisis in their own way. You don't have to worry about doing something wrong. | |
| Rule No.9 | | Complete further training on a regular basis. If you have a skilled trade, check your skills and how you can put them to use. | |
| Rule No.10 | | Never play the hero, because they die first. You do not have to do everything alone do - share the tasks with the community and asking for help is NEVER a weakness. | |



THE TIMING - HOW SHOULD YOU ACT AND WHEN?

WEEK 1	When the time really comes, the rule is to stay calm! Make sure you have a safe house where you can safely shelter yourself, your family and the people you have initiated. You should first concentrate on gathering information through radio and television and the old familiar chit-chat. Knowledge is essential for survival in a crisis. You should also not lose sight of your consumption of supplies, because as soon as someone realises that you have them, you could trigger envy and become a target.
WEEK 23	During this time you should beware. Gangs and looters are out to rob the weak. Be careful at what times you go out in public and have a companion with you at all times. Furthermore, make sure that you can defend yourself at all times. Keep an eye on exits and windows. In a crisis, even your neighbour may become an enemy! Be on your guard. In the event that the crisis drags on for more than two weeks, national or global riots will be the order of the day. You should allocate your supplies as you and your confidants see fit.
WEEK 4-X	If this happens, stock up on supplies and keep your financial means of exchange hidden so that you do not abandon your loved ones and friends in an emergency. The law of kindness applies! Stick together, there will also be a time after the crisis when you do not want to have enemies around you.

The most important at a glance

Basic food

	Number of people		2	< - Change	
Food that needs to be repackaged	Day	Month	3 months	6 months	
Rice (Kg)	0,2 KG	6 KG	18 KG	36 KG	Example rice
Noodles (Kg)	0,2 KG	6 KG	18 KG	36 KG	Example noodles
Wheat flour (Kg)	0,2 KG	6 KG	18 KG	36 KG	Example flour
Beans dried red/ white (Kg)	0,1 KG	3 KG	9 KG	18 KG	Example beans red
Corn dried (Kg)	0,15 KG	4,5 KG	13,5 KG	27 KG	Example maize
Maize flour (Kg)	0,2 KG	6 KG	18 KG	36 KG	Example cornmeal
Lentils dried (Kg)	0,15 KG	4,5 KG	13,5 KG	27 KG	Example lenses
Peas dried (Kg)	0,1 KG	3 KG	9 KG	18 KG	Example peas
Oatmeal (Kg)	0,4 KG	12 KG	36 KG	72 KG	Example oatmeal
A possibility of "almost" unlimited storage follows below					
Food that does not need to be repackaged	Day	Month	3 months	6 months	
Mashed potatoes (packet)	2 pcs.	60 pcs.	180 pcs.	360 pcs.	Example mashed potatoes
Asian instant noodles (packet)	8 pcs.	240 pcs.	720 pcs.	1440 pcs.	Example Asian noodles
Ready meals in aluminium tray	4 pcs.	120 pcs.	360 pcs.	720 pcs.	Example ready meal
Whole egg powder	0,05 KG	1,5 KG	4,5 KG	9 KG	Example whole egg powder
Milk powder	0,04 KG	1,2 KG	3,6 KG	7,2 KG	Example milk powder
Tins and jars	Day	Month	3 months	6 months	
Apple porridge (can 800ml)	0.4 pcs.	12 pcs.	36 pcs.	72 pcs.	Example apple porridge
Pears (can 800ml)	0.4 pcs.	12 pcs.	36 pcs.	72 pcs.	Example pears
Cherries (400ml can)	0.4 pcs.	12 pcs.	36 pcs.	72 pcs.	Example cherries
Peaches (can 800ml)	0.4 pcs.	12 pcs.	36 pcs.	72 pcs.	Example peaches
Beans (green/yellow) (400ml can)	0.6 pcs.	18 pcs.	54 pcs.	54 pcs.	Example beans
Tomatoes (400ml can)	0.6 pcs.	18 pcs.	54 pcs.	55 pcs.	Example tomatoes
Red cabbage (can 800ml)	0.4 pcs.	12 pcs.	36 pcs.	72 pcs.	Example red cabbage
Sauerkraut (can 800ml)	0.4 pcs.	12 pcs.	36 pcs.	72 pcs.	Example sauerkraut
Vegetable corn (tin 300ml)	1.6 pcs.	48 pcs.	144 pcs.	288 pcs.	Example vegetable corn
Tomato paste (tube)	1 pc.	30 pcs.	90 pcs.	180 pcs.	Example tomato paste
Canned meat (Spam)	1 pc.	30 pcs.	90 pcs.	180 pcs.	Example canned meat
Canned fish (tuna)	1 pc.	30 pcs.	90 pcs.	180 pcs.	Example canned fish
Peanut butter (jar)	0.2 pcs.	6 pcs.	18 pcs.	36 pcs.	Example peanut butter
Additional products (must be repackaged)	Day	Month	3 months	6 months	
Salt	10 g	300 g	900 g	1800 g	Example salt
Sugar	40 g	1200 g	3600 g	7200 g	Example sugar
Pepper	6 g	180 g	540 g	1080 g	Example pepper
Paprika	4 g	120 g	360 g	720 g	Example pepper
Curry	4 g	120 g	360 g	720 g	Example curry
Chilli	8 g	240 g	720 g	1440 g	Example chilli
Freeze-dried herbs	6 g	180 g	540 g	1080 g	
Cinnamon	0,2 g	6 g	18 g	36 g	Example cinnamon
Nutmeg Nut	0.02 pcs.	0.6 pcs.	1.8 pcs.	3.6 pcs.	Example nutmeg nut
Sunflower oil	0,07 L	2,1 L	6,3 L	12,6 L	Example sunflower oil
Vinegar	0,006 L	0,18 L	0,054 L	1,08 L	Example vinegar
Baking powder	0.66 pck.	19.8 pck.	59.4 pck.	118.8 pck.	Example baking powder
Drinks	Day	Month	3 months	6 months	
Still water	10 L	300 L	900 L	1800 L	Example water
Peppermint tea	Quantity according to your own needs. Keep in mind that tea bags are much easier to store than, for example, cola bottles. No one has an infinite amount of space at their disposal				
Black tea					
Herbal tea					
Instant coffee					
Luxury food					
Confectionery					
Sweets	Quantity according to own needs				Example sweets
Gummi bears					Example gummy bears
Biscuits					Example biscuits
Block chocolate					Example chocolate
Canned bread					Example canned bread

Nut mixtures					Example nut mixtures
No chips, no chocolate, these do not last longer than 10 years even in perfect conditions					
VERY IMPORTANT Chocolate, alcohol and cigarettes were the best means of exchange in any crisis!					
Spirits					
Vodka	Quantity according to own taste/needs, super barter product. The same applies to tobacco products				Example vodka
Schnapps					Example schnapps
Long-term food					
Survival food					
NRG-5					Example NRG-5
German Armed Forces Hard Biscuits					Example biscuits
Bundeswehr survival rations					Example survival ration
30/90/120/365 day rations in buckets or large boxes are not advisable, as they often contain inferior food, and there is a danger that the uniform taste will considerably weaken morale in an emergency.					
Basic household goods					
Cooked goods	Day	Month	3 months	6 months	
Bioethanol	0,16 L	4,8 L	14,4 L	28,8 L	Example bioethanol
Bioethanol Stove (Trangia Stove)	1 piece, this can be used on the cooker top if the power has failed				Example Trangia cooker
Matching pot cross					Example pot cross
Alternative					
Gas cooker (screw cap)	1 piece, this can be used on the cooker top if the power has failed				Example gas cooker
Gas cartridge (screw cap)					Example gas cartridge
Gas barbecue (screw cap)	min. 1 gas bottle per 2 weeks				Example gas barbecue
Gas bottle (screw cap)					Example gas bottle
Gas heater attachment for warming					Example gas heater
Please do not use puncture cartridges, this technology is outdated and carries a certain risk of explosion, especially in crisis situations always play it safe. The costs for both systems are almost identical					
Alternative					
Wooden box cooker					Example HoBo
Alternative					
Power generator variant of the wooden box cooker					Example del. HoBo
Other household goods (cleaning)					
	Day	Month	3 months	6 months	
Detergent (biodegradable)	0,14 L	4,2 L	12,6 L	25,2 L	Example detergent
Kitchen roll (roll)	0.2 Rol.	6 Rol.	18 Rol.	36 Rol.	Example kitchen roll
Moist cleaning wipes (pack)	0.2 pck.	6 pck.	18 pck.	36 pck.	Example Moist Cleaning Wipes
Sponge	-	3 pcs.	9 pcs.	18 pcs.	Example sponge
Other household goods (light)					
	Day	Month	3 months	6 months	
Candles (stumps)	1 pc.	30 pcs.	90 pcs.	180 pcs.	Example candles
Candles (tea lights)	4 pcs.	120 pcs.	360 pcs.	720 pcs.	Example tea lights
Matches (pack)	0.2 pck.	6 pck.	18 pck.	36 pck.	Example matches
Fire steel	1 piece				Example fire steel
Lighter	-	4 pcs.	12 pcs.	24 pcs.	Example lighter
Petroleum lantern	1-2 piece				Example lantern
Petroleum (litres)	0,6 L	18 L	54 L	108 L	Example petroleum
Batteries (piece)	4 pcs.	120 pcs.	360 pcs.	720 pcs.	Example batteries
Headlamp	1 piece				Example headlamp
Torch	1 piece				Example torch
Glow lights	individual				Example buckling lights
Other household goods (hygiene)					
	Day	Month	3 months	6 months	
Toothbrush (piece)		4 pcs.	12 pcs.	24 pcs.	Example toothbrush
Toothpaste (tube)		3 Tb.	9 Tb.	18 Tb.	Example toothpaste
Dental floss	individual				Example dental floss
Cotton buds	individual				Example cotton swab
Curd soap (piece)	0.2 pcs.	6 pcs.	18 pcs.	36 pcs.	Example curd soap
Toilet paper (roll)	0.4 Rol.	12 Rol.	36 Rol.	72 Rol.	Example toilet paper
Moist toilet paper (pack)	0.2 pck.	6 pck.	18 pck.	36 pck.	Example f. Toilet paper
Flannel	individual				Example flannel
Condoms	as needed				
Sanitary towels/ tampons	individual				
Disposable razor	individual				
Vaseline	1 litre pot is suitable				
Lip wax	as needed				Example wax
Wound care & fire protection					
First aid box					Example first aid box
Plaster (roll)					Example plaster
Compresses (narrow)					Example compresses

Compresses (wide)					Example compresses
Disinfectant (bottle)					Example disinfectant
Betaisodona (bottle)					Example Betaisodona
Gauze bandages sterile (piece)					Example gauze bandages sterile
Rubber gloves (pack)					Example rubber gloves
Ice bag (pack of 3)					Example ice pack
Rescue blanket					Example emergency blanket
Honey (liquid in jar)					Example honey
Triangle cloth					Example triangle cloth
Surgeons Set Emergency	Useful even without medical knowledge				Example Surgeon Set
Silk suture thread					Example sewing material
Book on the Chirurgy					Example book
Tourniquet					Example Tourniquet
QuikClot HEMOSTYPTicUM					Example gauze
Fire extinguisher (foam)					Example extinguisher
Fire protection ceiling					Example fire protection ceiling
Please do not buy a powder extinguisher, if there is a fire in your home you will want to continue living there afterwards, foam can simply be wiped up.					

Advanced Housewares

Everyday objects					
Can opener mechanical					Example can opener
Wool blanket (virgin wool)	Winter power outage				Example ceiling
Sleeping bag					Example sleeping bag
Tarp					Example Tarp
Camping mat					Example mat
Paracord Type III					Example Paracord
Poncho Tyo Plash Palatka	Can also be used as a tent substitute				Example poncho
Fabric tarpaulin					Example tarpaulin
Tinder Foxes					Example tinder foxes
Binding wire					Example wire
Hearing protection					Example hearing protection
Solar charging panel					Example solar panel
Powerbank					Example powerbank
Emergency radio					Example radio
Emergency radio					Example radio
SD card with all certificates/ID cards/insurance/account statements etc.					Example SD card
Sewing kit					Example sewing kit
Sewing thread					Example sewing thread
Cotton handkerchiefs					Example handkerchiefs
Aluminium foil					Example aluminium foil
Pencils					Example pencils
Writing pads					Example writing pad
Adhesive tape					Example adhesive tape
Paper plates & plastic tableware					Example plate
Shoe polish					Example Schucreme
Safety pins					Example safety pins
Rubbish bags					Example rubbish bag
Ziplock bag					Example Ziplock bag
Canister (food safe) 10l					Example canister
Petrol canister 20l (plastic)					Example canister
Knife sharpening set					Example knife sharpener

Water extraction

Recommended products					
Water filter (simple)					Example water filter
Water filter (extended)					Example water filter
Water filter (professional)					Example water filter
Water disinfection by means of UV					Example water disinfection
Water tester					Example water test
Cheap water filter with activated carbon					Example water filter
Water treatment silver iodite					Example tablets
Water treatment Chlorine					Example tablets

Basic tools

Tools without power supply					
Roofing hammer					Example hammer
Crowbar					Example crowbar
Splitting axe					Example splitting axe
Felling axe					Example felling axe

Foxtail saw					Example saw
Hacksaw					Example hacksaw
Carving knife					Example carving knife
Carving knife U-shape					Example carving knife U shape
Fixed knife					Example knife
Spade					Example spade
Hoe					Example hoe
Pocket knife					Example pocket knife
Combination spanner set					Example key set
Screwdriver set					Example screwdriver
Reep rope					Example reef rope

Advanced tools

Tools with a high utility factor					
Hand drill					Example drill
Chainsaw (petrol)					Example chain saw
Battery circular saw					Example circular saw
Cordless screwdriver					Example cordless screwdriver
Battery jigsaw					Example battery jigsaw
Carpenter's axe					Example carpenter's axe
Dechsel					Example bill of exchange

Power supply

Basic elements					
Solar panel (mobile)					Example solar panel
Solar panel (semi mobile)					Example solar panel
Portable energy storage (large variant)					Example memory
Portable energy storage (small version)					Example memory
Solar and wind power plant					Example wind energy

Preservation of food

Devices					
Vacuum sealer					Example vacuum sealer
Dehydrator					Example dehydrator
Smoker cabinet					Example smoker cabinet
Straightener					Example straightening iron
Consumables					
Foils/ bags for vacuuming devices					Example slide
Oxygen absorber					Example absorbent bag
Mylar bag 2000ml					Example Mylar Bag
Pickling salt					Example nitrate
Preserving jars					Example glass
Rubber rings for preserving jars					Example rubber rings

Books

Books					
Reibert					Link
SAS Survival Handbook					Link
Pocketbook for the Winter War					Link
Working with the pocket knife					Link
Outdoor with the pocket knife					Link
Encyclopaedia of Edible Wild Plants: 2000 Plants of Central Europe					Link
Mushrooms: Identification made easy					Link
How do I learn to track?					Link
The Art of War					Link

Entertainment

Parlour games					
UNO					Link
Jenga					Link
Chess					Link
Game collections					Link
Memory					Link
Playing cards					Link
Cube					Link

Defence

Base products					
Nato wire 10m roll					Example S-wire
Mousetraps					Example trap
Fence posts					Example fence post
Steel tube					Example pipe
Cable tie (wide)					Example cable tie
slingshot					Example slingshot
Pepper spray gel					Example pepper spray

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EQUIPMENT-CHECKLIST www.kettner-edelmetalle.de









BASIC PRINCIPLE	Quantity		FIRE PROTECTION	Quantity
Drinks		0	Clearing out the cellar and attic	
Food		0	Fire extinguisher	
			Extinguishing spray	
HOME PHARMACY	Done		Smoke detector	
DIN first aid kit		1	Garden or car wash hose	
Medication prescribed by a doctor		0	Container for extinguishing water	
Painkiller		0	Water bucket	
Skin disinfectant		0	Bucket sprayer or setting sprayer	
Wound disinfectant		1		
Remedy for colds		1	POWER FAILURE	Done
Clinical thermometer		1	Candles, tea lights	
Diarrhoea remedy		1	Matches, lighter	
Insect bite and sunburn ointment		1	Torch	
Splinter tweezers		1	Spare batteries	
			Camping cooker, spirit cooker with fuel	
HYGIENE ARTICLES	Done		Heating facility	
Soap (piece), detergent (kg)		1	Fuels	
Toothbrush, toothpaste (piece)		1		
Sets Disposable Tableware & Cutlery (pieces)		1	RADIO RADIO	Done
Household paper (rolls)		1	Radio set (battery operated) or a Crank radio	

Toilet paper (rolls)		1	Spare batteries	
Bin liners (piece)		1	DOCUMENT SECURITY	Done
Camping toilet, spare bag (piece)		1		
Household gloves (pair)		1		
Disinfectant, soft soap (piece)		1		
EMERGENCY LUGGAGE	Done		PERSONAL OBJECTIVES (individual)	Done
		0		
		0		
		0		
		0		
		0		
		0		
		0		
		0		

TARGETED SAFETY THROUGH PRECIOUS METALS www.kettner-edelmet

OUR GOLD CRISIS PROTECTION PACKAGES

OUR SILVER CRISIS PROTECTION RECOMMENDATIONS

	<u>Vreneli gold 20 francs</u>		<u>1 Ounce Silver Maple Leaf 2021</u> 
	<u>Gold Vreneli Box (25x 20CHF)</u>		<u>500 x 1 Ounce Silver Maple Leaf 2021 (Masterbox)</u>
	<u>1/10 Ounce Gold Britannia 2021</u>		<u>1/4 Ounce Silver Noah's Ark 2021</u> 
	<u>50 x 1/10 Ounce Gold Britannia</u>		<u>500 x 1/4 Ounce Silver Noah's Ark 2021 (Masterbox)</u> 
	<u>1/10 Ounce Gold Vienna Philharmonic 2021</u>		<u>1/2 Ounce Silver Noah's Ark 2021</u> 
	<u>50 g gold table bars combi bars (gold platelets)</u>		<u>500 x 1/2 Ounce Silver Noah's Ark 2021 (Masterbox)</u>