

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



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 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

WATER STORAGE & FILTRATION

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

MEDICAL KIT

First Aid Kit with trauma supplies

COMMUNICATION TOOLS

Satellite Phone, Emergency radios for staying informed

EMERGENCY SHELTER

Bunker down for the first 48 hours

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2
3
4
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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