

# **2025 Let's Survive & Thrive Checklist**

For Artists and Creators

## **Pantry (Food Essentials)**

- 3-month supply of dry goods (rice, beans, oats, pasta, flour)
- Canned proteins (sardines, tuna, chicken, beans)
- Shelf-stable vegetables and fruits (canned, dried, vacuum-sealed)
- Cooking oils (olive, coconut, tallow)
- Salt, pepper, and key spices
- Shelf-stable nut milks or UHT dairy
- Coffee, tea, herbal infusions
- Raw honey or shelf-stable sweeteners
- Dark Chocolate
- Bone broth or powdered broth
- Fermented foods (shelf-stable pickles, sauerkraut)
- Water (3-week minimum supply or filtration system)
- Multivitamins and supplements

## **Digital & Creative Sovereignty**

- Own your domain name and maintain control of your website
- Create regular backups of your website (download content, pages, blog posts)



- Save high-resolution versions of your art and important materials offline
- Keep a secure, exportable copy of your mailing list
- Diversify your communication channels (email, YouTube, blog — not just Instagram)
- Store backup copies of your digital products (PDFs, videos, workbooks)
- Use platforms that allow full ownership (avoid ones that limit access or export)
- Keep track of passwords and logins in a password manager
- Document your methods, frameworks, or classes for legacy or licensing
- Review platform **terms of service** to avoid surprise restrictions

### **Office (Technology & Banking)**

- Backup laptop or iPad
- External hard drive with backups
- Surge protector and backup power bank
- Password manager set up and secure
- 2FA (two-factor authentication) enabled on all accounts
- Offline backups of vital documents (USB or paper)
- Alternative banking access (credit union, local accounts)
- Zelle/Venmo/PayPal active and secure
- Printed copies of essential banking info



List of emergency contacts (printed and digital)

### **Storage Closet (Backup Supplies)**

Candles and lanterns (with fuel or batteries)

Transistor radio

Flashlights and extra batteries

Portable water filtration system (e.g. LifeStraw, Berkey)

Solar phone charger

Basic toolkit (hammer, screwdrivers, duct tape, multi-tool)

Emergency food stash (freeze-dried meals, protein bars)

Blankets, tarps, emergency bivy

Portable cooking method (camp stove, fuel canisters)

First aid kit and backup meds

Face masks, gloves, hygiene items

### **Bathroom**

Paper, tissues, feminine hygiene products

Hand soap, shampoo, conditioner

Baking soda and white vinegar (multi-use cleaners)

Toothpaste, floss, toothbrush backups

Essential oils for antiseptic and calm (tea tree, lavender)

Epsom salts, magnesium spray

Cloth towels and reusable wipes



### **Kitchen (Tools & Supplies)**

- Travel Wine Opener
- Manual can opener
- Cast iron pan or heavy-duty cookware
- Wooden cutting boards and quality knives
- Reusable food storage (glass jars, beeswax wrap)
- Dish soap and sponges
- Compost bin or plan for food waste
- Fire extinguisher
- Stocked spice rack and vinegar selection

### **Pets (Companions & Care)**

- At least 1-month supply of food (kibble, canned, or raw)
- Extra water and travel bowl
- Leash, harness, and spare collar
- Comfort items (toy, blanket, calming spray)
- Flea/tick/parasite medications
- Vaccination and vet records (paper and digital copies)
- Pet first aid kit
- Portable crate or carrier
- Backup ID tags or microchip info
- Plan for emergency relocation with pet



## **Sanity & Spirit**

- [ ] Sketchbook and drawing tools
- [ ] Favorite books (paperback or printed PDFs)
- [ ] Journal and pens
- [ ] Offline music or playlist downloads
- [ ] Procreate on your iPad and/or Pocket Procreate on your iPhone
- [ ] Breathwork or meditation guide
- [ ] Sacred items (altar objects, tarot deck, stones)
- [ ] Comfort ritual: tea, incense, candle
- [ ] Handwritten letters from or to loved ones
- [ ] Gardening or creative hobby supplies
- [ ] Walking shoes and access to fresh air
- [ ] Favorite drawing pens or tools (with backups)
- [ ] Portable sketch kit or travel journal
- [ ] Printed reference photos or prompt packs
- [ ] Archival ink or waterproof materials
- [ ] Gelli plate or printmaking tools
- [ ] Pocket watercolor set
- [ ] Ritual or motto card taped above workspace
- [ ] Printed quote or image that makes you feel brave
- [ ] Pack of good dark chocolate (non-negotiable)

Go Easy On Yourself Go Easy On Others,

*Meagan Burns*

