Hydration

# of People	Amount	# of Water Bottles	Explanation
1	2 Quarts	4	Basic hydration does not include coffee, tea, etc. I know it's not easy drinking plain water for some people. Your concern will be to get as close to that number as possible. If it helps, picture an average bottle of water. The average bottled water contains around 17 to 20 ounces. There's about 32 ounces in one quart. Since you need at least 2 quarts of water per day to stay hydrated, this means you'll need about 4 full water bottles to achieve your hydration goals.
2	1 Gallon	8	
3	1 Gallon + 2 Quarts	12	
4	2 Gallons	16	
5	2 Gallons + 2 Quarts	20	

How much water will you need...for 30 days?

How much water for hydration will you need for a month? A realistic SHTF survival plan should include provisions for at least 30 days. When that first 30 days is over, either life will come back together or you'll have to let your survival skills pick up where your supplies and provisions lack. A good step in the right direction is to have bottled water stocked up. The following are estimates in terms of how many water bottles to have on hand per person for 30 days. I've also included an estimation in gallons of water.

- **1** person will need **120 bottles** of water or about **15 gallons**.
- **2** people will need **240 bottles** of water or about **30 gallons**.
- **3** people will need **360 bottles** of water or about **45 gallons**.
- **4** people will need **480 bottles** of water or about **60 gallons**.
- **5** people will need **600 bottles** of water or about **75 gallons**.

Cooking

If you think about all the ways you use water when you cook, from rinsing potatoes to boiling a pot of water, you might be surprised at just how much water that turns out to be.

A good guess would be about 2 gallons of water per meal per day to cook with at a minimum. Three meals per day comes out to 6 gallons of water. Some meals will need more water and others will need less. This number is strictly an estimation.

That means you'll probably need around **6 gallons** of water **per day** to cook with. For **30 days**, you'll need about **180 gallons** of water.

Cleaning

Cleaning uses more water than you might think too. Every time you turn on the tap to wet your towel, you're using about 1 quart of water. Add in laundry, dishes, mopping the floor, cleaning up spills and so forth you're actually talking around 50 to 75 gallons per day – just to clean with. Again, this is a rough estimate based on the convenience of the tap and depending on how much cleaning you actually do throughout the day.

While the subject of cleaning may not seem as pressing as hydration and cooking, half the battle in a SHTF situation will be to prevent as much infection as you can. The best way to do that is to keep your hands clean by washing them frequently and by keeping your counter tops, floors and clothing as free from infectious material as possible. Think bug guts, animal guts and about all the little impurities hiding in unfiltered and unpurified water. Cleaning is just as important as filtering your water in that sense.

The following is another set of estimations based on how much water you will approximately need to make it through the day and if you're interested, for an entire month.

Task	Per Day	Per Week	Per Month	Explanation
Laundry	10 Gallons	30 Gallons	120 Gallons	These numbers are based on doing 3 loads of laundry per week using 5 gallons to wash and 5 gallons to rinse for each load.
Dishes	4 Gallons	28 Gallons	112 Gallons	The average dishwasher currently uses about 6 gallons per load. When SHTF, you'll be doing them by hand and as a result, you'll use much less water. This number is based on doing 2 loads of dishes per day using 1 gallon to wash and 1 gallon to rinse.
Misc. Cleaning	2 Gallons	14 Gallons	56 Gallons	Everything else in the cleaning category includes wiping down the counters, mopping the floors and everything in between. These are rough estimates only. The exact number you'll need to work with depends on how much cleaning you need to do on a daily basis.

Grand Totals

One person will need around 453 gallons of water for 30 days.

Two people will need around 498 gallons of water for 30 days.

Three people will need around 543 gallons of water for 30 days.

Four people will need around 588 gallons of water for 30 days.

Five people will need around 633 gallons of water for 30 days.