1) Name of the issuer and its predecessors (if any)

Coastal Integrated Services, Inc.

2) Address of the issuer's principal executive offices

Company Headquarters
1712 Pioneer Ave., Ste 5082
Cheyenne, WY 82001
702-720-6757
info@coastalintegratedservices.com
www.coastalintegratedservices.com

IR Contact
None

3) Security Information

Trading Symbol: COLV
Exact title and class of securities outstanding: Common Shares
CUSIP: 19047P208
Par or Stated Value: $0.0001
Total shares authorized: 3,500,000,000 as of: August 25, 2016
Total shares outstanding: 2,465,088,032 as of: September 30, 2016

Additional class of securities:
Preferred A Shares
CUSIP: N/A
Par or Stated Value: N/A
Total shares authorized: 20,000,000 as of: June 30, 2014
Total shares outstanding: 10,000,000 as of: June 30, 2014
Preferred A Shares have a 100:1 voting right and are convertible into common shares on the basis of 100:1.

Transfer Agent
Madison Stock Transfer
P.O. Box 145
Brooklyn, NY, 11229
718-627-4453

Is the Transfer Agent registered under the Exchange Act?* **Yes: X** No: ☐

List any restrictions on the transfer of security:

None

Describe any trading suspension orders issued by the SEC in the past 12 months.

None

List any stock split, stock dividend, recapitalization, merger, acquisition, spin-off, or reorganization either currently anticipated or that occurred within the past 12 months:

FINRA approved a common stock reverse split of 2,500 for 1 on April 1, 2014. Warren Wheeler, the former President, held 43,700 common shares. No other person or entity held 5% or more of the issuer's securities.

On May 2, 2014, the Company acquired 100% of the shares of Simply Lids, Inc., a private Nevada corporation in exchange for 300,000,000 common shares of the issuer.

On May 27, 2014, the Company issued 28,418,000 common shares of the Company to resolve $28,418 of the issuer's debt.

On June 24, 2014, the Company issued 24,000,000 common shares of the Company to resolve $24,000 of the issuer's debt.

On August 19, 2015, the Company issued 40,000,000 common shares of the Company to resolve partial $13,000 of the issuer's debt.

On September 25, 2015, the Company issued 33,670,006 common shares of the Company to resolve partial $13,000 of the issuer's debt.

On October 2, 2015, the Company issued 60,000,000 common shares of the Company to its' two officers for services valued at market price of $0.0038 per share or $228,000.

On April 4, 2016, the Company issued 600,000,000 restricted common shares of the Company to its' two officers for deferred compensation.

On April 11, 2016, the Company issued 500,000,000 common shares of the Company to resolve $105,000 of the issuer's debt after having assumed that debt that was originally incurred by the issuer's subsidiary, Simply Lids.

On September 19, 2016, the Company issued 400,000,00 restricted common shares of the Company to its' officers for purchase of assets of a pet product line Bugout.

4) Issuance History

A. The nature of each offering (e.g., Securities Act Rule 504, intrastate, etc.);

None

B. Any jurisdictions where the offering was registered or qualified;

None

C. The number of shares offered;

None

D. The number of shares sold;

None

E. The price at which the shares were offered, and the amount actually paid to the issuer;

None

F. The trading status of the shares; and

None

G. Whether the certificates or other documents that evidence the shares contain a legend (1) stating that the shares have not been registered under the Securities Act and (2) setting forth or referring to the restrictions on transferability and sale of the shares under the Securities Act.

None

5) Financial Statements

The Company's unaudited financial statements are posted to the OTC Disclosure & News Service as a separate report and consist of a Balance Sheet, Statement of Income, Statement of Cash Flows and Financial Notes. They are prepared in accordance with U.S. GAAP by persons with sufficient financial skills.

6) Describe the Issuer's Business, Products and Services

A. a description of the issuer's business operations;

The issuer, a development company consists of innovative products for the consumer market. Simply Lids is an award winning company whose specialty is disposable beverage lids in the food services industry. The company's patented technologies provide a safer, more enjoyable drinking experience, without splashing or spills, and has the added benefit of unique marketing opportunities, never before realized in this industry sector. Bugout Pet Products Inc. is a provider of a patented pet feeding system that prevents crawling insects from entering the food area. It has a unique small footprint with a replenishing water system achieved through the use of 2 litre bottle.

B. Date and State (or Jurisdiction) of Incorporation:

The Issuer was incorporated in Nevada in 2002.
The Issuer changed its incorporation to Wyoming in March, 2014.

C. the issuer's primary and secondary SIC Codes;

Primary SIC Code: 3080
Secondary SIC Code: 3089

D. the issuer's fiscal year end date;

December 31

E. principal products or services, and their markets;

The issuer provides innovative products to the market place. Simply lids designs and manufactures disposable beverage lids for the food beverages industry. Its market is global as these products are standardized, for the most part, around the world. Bugout Pet Products designs and manufactures products for the pet market. Its market is global as these products are standardized around the world.

7) Describe the Issuer's Facilities

The office of the issuer is provided to the Company by the President at a cost of $1,500 per month.
The issuer owns various patents and patents pending related to its disposable beverage lids and pet products.
The issuer owns a prototype manufacturing mold for the beverage lid and four production molds for the Bugout Pet Feeding system, along with inventory and supporting fulfillment and websites.

8) Officers, Directors, and Control Persons

A. Names of Officers, Directors, and Control Persons.

Mr. John Newman is a Director and President of the issuer.
Mr. Michael Booth is a Vice President of the issuer.

B. Legal/Disciplinary History. Please identify whether any of the foregoing persons have, in the last five years, been the subject of:

1. A conviction in a criminal proceeding or named as a defendant in a pending criminal proceeding (excluding traffic violations and other minor offenses);
   None

2. The entry of an order, judgment, or decree, not subsequently reversed, suspended or vacated, by a court of competent jurisdiction that permanently or temporarily enjoined, barred, suspended or otherwise limited such person's involvement in any type of business, securities, commodities, or banking activities;
None

3. A finding or judgment by a court of competent jurisdiction (in a civil action), the Securities and Exchange Commission, the Commodity Futures Trading Commission, or a state securities regulator of a violation of federal or state securities or commodities law, which finding or judgment has not been reversed, suspended, or vacated; or
None

3. The entry of an order by a self-regulatory organization that permanently or temporarily barred suspended or otherwise limited such person's involvement in any type of business or securities activities.
None

C. Beneficial Shareholders.

Mr. John Newman owns 780,223,542 common shares of the issuer representing 32% and 10,000,000 Preferred A shares representing 100%.
Mr. Michael Booth owns 778,436,642common shares of the issuer representing 32%.

9) Third Party Providers

Legal Counsel
William G. Goode & Associates, P.C.
415 E. Main Street, 3rd Floor
Port Jefferson, NY 11777
631-223-7740
www.williamgoode.com

Accountant or Auditor
TBA

Investor Relations Consultant
None

Other Advisor
None

10) Issuer Certification

I, John Newman, certify that:

1. I have reviewed this November 8, 2016, Disclosure Statement of Coastal Integrated Services, Inc.;

2. Based on my knowledge, this disclosure statement does not contain any untrue statement of a material fact or omit to state a material fact necessary to make the statements made, in light of the circumstances under which such statements were made, not misleading with respect to the period covered by this disclosure statement; and

3. Based on my knowledge, the financial statements, and other financial information included or incorporated by reference in this disclosure statement, fairly present in all material respects the financial condition, results of operations and cash flows of the issuer as of, and for, the periods presented in this disclosure statement.

November 8, 2016,
/s/John Newman President