

General Supplies

This is a suggested list of supplies and items to have on hand or you can gather together, of course, you'll add to this list depending on your preferences, but this is a start. You may need to think about a back-up heating source. Get any thing else that you think you might need. Imagine all stores being closed for at least 2 months.

- ▶ Take an inventory of the non-grocery commodity items in your kitchen, bathroom, laundry room, and garage. Determine how much of each item your family needs per month or per year. Based upon the estimated consumption rates, establish a stocking level of your essential and desirable household supplies. Be sure it is adequate to see your family through several months of economic disruption.
- ▶ Acquire both over-the-counter and prescription medications for as many common medical conditions as possible, even if you are perfectly healthy right now.
- ▶ Acquire personal protection equipment, such as respirators, disposable gloves, sanitation supplies, and any items that will help you care for someone with the flu.
- ▶ Assume that you will not leave your home to go shopping for several months. Even if you choose to shop, assume that a pandemic will make everything scarce.
- ▶ Hospitals are not prepared to care for the vast numbers of people who will become sick, so you must accept the fact that it will be completely up to you to provide medical care in your home for every family member who becomes sick. Assume that you will not have access to a medical care facility for several months.

Evacuation Kit

In the event you need to evacuate at a moment's notice and take essentials with you, you probably will not have the opportunity to shop or search for the supplies you and your family will need. Every household should assemble a disaster supplies kit and keep it up to date. Disaster supplies kit items should be stored in a portable container(s) near, or as close as possible to, the exit door. Review the contents of your kit at least once per year or as your family needs change. Also, consider having emergency supplies in each vehicle and at your place of employment. The following should be included in your basic disaster supplies kit:

- ▶ Three-day supply of nonperishable food and manual can opener.
- ▶ Three-day supply of water (one gallon of water per person, per day).
- ▶ Portable, battery-powered radio or television, and extra batteries.
- ▶ Flashlight and extra batteries. Whistle.
- ▶ First aid kit and manual. Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper).
- ▶ Matches in waterproof container.
- ▶ Extra clothing and blankets.
- ▶ Kitchen accessories and cooking utensils.
- ▶ Photocopies of identification and credit cards. Cash and coins.
- ▶ Special needs items such as prescription medications, eyeglasses, contact lens solution, and hearing aid batteries. Items for infants, such as formula, diapers, bottles, and pacifiers.
- ▶ Tools, pet supplies, a map of the local area, and other items to meet your unique family needs.

Suggested List Of Supplies to Stockpile

Cleaning & Laundry		
Clorox, plain kind (lots)	Dishwashing detergent	Small scrubber
Paper Towels	Clothespins	Clothes line rope
Mop bucket & wringer	Clothes detergent	Plunger (for laundry)
Plastic barrel (laundry)	Liquid Plumber (drains)	
Food & Water		
Non-electric can opener	Disposable plates	Hot and cold cups
Plastic utensils	Hand beater, manual	Coffee pot, non-electric
Pots, pans and lids	Dutch oven	Aluminum foil & plastic wrap
Camp stove & fuel	Water containers	Water purification filter
Ice chests	Baby food	Multi vitamins
Light, Heat & Fuel		
Candles	Matches	Long-snout type lighters
Oil lamps & fuel	Firewood	Portable heater & fuel
Charcoal & fluid	Flashlights & spare bulbs	Chemical light sticks
Firestarter flint & steel	Gasoline & kerosene containers	Sterno fuel
Tools		
Duct tape (several rolls)	Sheet plastic (roll)	Scissors
Rope	Work gloves	Shovel / folding shovel
Drill (manual) & screws	Automotive tools	Ax or hatchet
Hammer & nails	Hand saw	Crowbar
Leatherman multi tool	Hunting knife	Goggles
Personal Hygiene		
Deodorant	Skin Lotions	Birth control
Shoe covers	Towels & washcloths	Soap (bar or liquid)
Extra eye glasses	Nailbrush	No water wipes
Sunscreen / sun block	Shaving cream	Nail clippers
Toothpaste	Mouthwash	Dental floss
Tampons	Shampoo	Vitamin C, Ester-C
Denture adhesive	Eye glass repair kit	Contact lens solution
No-rinse face wash	Tweezers	Toilet paper (lots of it)
Tissues	Tooth numbing jel	Paper Towels
Utility Items		
Games, playing cards	Sunglasses	Plastic tarps
Hobby supplies	Charcoal grill	Crank operated radio
Needle & thread	Compass	5 gal plastic buckets
Pet food	Paper and pen	Camping toilet
Waterproof marker	Magnifier	Non-electric clock
Bug repellent, skin type	Hand mirror	Metal can to burn trash
Baby diapers	Printer paper	Plastic bags (multi sizes)
Cell phone batteries	Ink cartridges	Ziploc bags
AM/FM/SW radio	Extension cords	Sleeping bags
Cell phone charger	Inventory of valuables	Solar panels
Batteries (Lots of them)	Fishing equipment	Steel wool
TV (battery)	Emergency flares	Paper bags
Thermos	Wax paper	Vegetable seeds
Pump pot (insulated)	Glass cleaner	Seed sprouting kit
CB / SW radio	Cell phone	Sewing supplies
Solar battery charger	Walkie talkies	
House Security		
2x4 wood (windows)	Light bulbs	Wasp spray
Plywood (windows)	Good locks on doors	Black paint (windows)
Fire extinguisher (ABC)	Good locks on windows	Solar shower
Firearms and ammo	Hose adapter for sink	Portable toilet
Copies financial papers	Water hose	Smoke detector
Automotive		Documents
Fuses & bulbs	Extra set of car keys	Photocopies of important documents such as birth certificates, drivers' licenses and so on for the entire family. Put in a waterproof bag.
Wiper & Brake fluid	Good spare tire & jack	
Maps or atlas	Tire pump (manual)	
Oil & transmission fluid	Full tank of gas (always)	
Emergency kit & flares		
5 gal container of gas		

Medical Supplies

Medical Items		
Spray bottles	Rubbing alcohol	Nasal spray
Clorox, plain kind	Advil or Motrin	Aprons
N95 face masks	Plastic barrel with lid	Alcohol hand cleaner
Surgical type gloves	Aspirin	Tylenol
Pedialyte	Hydrogen peroxide	Cotton balls
Q-tips	Benedryl	Milk of magnesia
Goggles	Antibacterial spray	Pepto-Bismol
Nyquil	First aid book	Prescription medication
Thermometer	Vaseline	Theraflu drink mix
Allergy meds	Soothe eye drops	Plastic sheet for bed
Gowns	Bed pan	Fan and tape
Hand Basin	Tums	Anti itch cream
Triple antibiotic cream	Scrub brushes	Ossillococinum
Zicam	Sambucol	Sponges
Plastic wrap	Toilet cleaner	Clorox wipes
Shoe covers	CPR course	First aid course
Medical first aid kit	Vaccinations	Medical checkup
Dental work	Nicotine gum	Paper cups
Medical Items		
Hot & cold packs	Sterile 4" adhesive bandages	Sterile 4" x 4" gauze pads
Band aids, various sizes	Sterile 2" x 2" gauze pads	Adhesive tape, various sizes
4" rolled gauze bandages	Butterfly bandages	Disposable & heavy duty gloves
Large triangular bandages	Sanitary pads	Hydrogen peroxide
Alcohol	Betadine, several large bottles	Syringe to irrigate wounds
Antibiotic ointment	Moistened towelettes	Splinting materials
Scissors and tweezers	Anti-diarrhea medication	Magnifying glass
Aspirin & non-aspirin pain reliever	Antacid	CPR mask
Decongestant	Eye wash	Ace bandages
Hand moisturizer	Safety pins	Safety razor
Plastic bags	Instant hot & cold packs	Eye Wash 4oz
1"x3" Woven (Swift Brand)	Character Strips 3/4"x3"	Fingertip "8" Woven (Swift Brand)
3" Cotton Tip Applicators Sterile	Co-Flex 3"	First Aid Book
3"x4" Non-Ad Pad	Cold Pack	Flexicon 2"
4x4 Gauze	Cough Drops Menthol Eucalyptus	Flexicon 4"
7/8" Plastic Spot (Swift Brand)	Dermicel Tape 1"	Flexicon 6"
Sun Block SPF 30	Dermicel Tape 2"	Paper Cups
Acetaminophen	Dramamine	Gloves Nitrile (Blue) Large PR's
Benadryl Caps 25mg	Ear Plugs Max (NRR 33) Pr's	Golf Towels ultra Compressed
Betadine Pads	Elastic Bandage 2"	Hydrocortisone 1% Foil Pack
Betadine Solution 1/2oz	Elastic Bandage 4"	Imodium AD
Blistex	Elastic Bandage 6"	Kleenex
Buffered Aspirin	Electrolyte Tablets	Knuckle Woven (Swift Brand)
Ibuprofen) 200mg	Nu-Tears 1/2oz	Moleskin 4"x12"
Mosquito Hemostat 4"	Pepto Bismol Tablets	Liquid Children's Tylenol 2oz
Natrapel (deet free repellent) 2oz	Porous Cloth Tape 1"	Mastisol
Porous Cloth Tape	Burn Away	Vionex No Rinse Jell 4oz
Safety Pins Assorted	Tongue Blade (non-sterile) 3/4"	Wash Up Towelettes
Sam Splint	Trash Bags 20qt	Zip Lock Bags 12" x 15"
Scalpel Blade #10	Triangle Bandage	Steri-strips 1/4x3 (Envelope of 3)
Small EMT Shears	Urine/puke bag (#1 Travel John)	Steri-strips 1/8x3 (Envelope of 5)
Steri-strips 1/4x1-1/2	Vacuum Packed Wash Cloths	Sterile Needles 18guage