

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 18gauge |