

144 ITEMS

THAT FLY OFF THE SHELVES
DURING A CRISIS



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Of course, you know why this checklist has been made available to you. It is a convenient way for you to keep track of where you are on your plan to create a survival stockpile.

We have already given you all the arguments for why you should be preparing now, but we will give you some suggestions on how to make this list fit your own specific circumstances and make keeping track of your survival hoard easier and more convenient.

How To Use The Checklist

You may want to print the checklist, laminate the pages and then use a dry-erase marker to update quantities. It is also a good idea to print out a list for your Bug-out bags. They have items that must be rotated as well. At the very least, update the quantities and other information in pencil. You can change the values as needed.

Look over your list on a regular basis so that you can see where you might need to strengthen your supplies.

Use the "Add Your Own Items" section to add items that may not appear on the list, but that are an important part of your stockpile. You can print multiple copies of the blank list forms to use for Bug out bags or items that are stored at alternate locations. Out of sight out of mind does not really work when you are talking about ensuring your family's survival.

Water

You can survive up to several weeks without food, but you can only survive a few days without water. Your emergency plans should include a combination of water storage as well as a way to source water, such as through a rainwater collection system.

- Stored water (minimum of 1 gallon per person per day) Quantity_____
- Water filter system
Quantity_____
- Water filter bottles
Quantity_____
- Water purification tablets or drops
Quantity_____
- Household bleach
Quantity_____
- Rainwater collection system and barrels
Quantity_____
- Tarps and small containers (to make underground collection systems)
Quantity_____

Food

The food that you include in your emergency stockpile should have a long shelf life, not require refrigeration, be nutritious and easy to prepare. You should also include baking essentials such as wheat, sugar and oil. Having a variety of foods is best. Instead of focusing on stocking huge amounts of wheat, for example, balance your storage between baking essentials, meat, fruit, vegetables and dehydrated meals, which are very easy to prepare.

Dried Foods:

- Rice
Quantity_____
- Pasta
Quantity_____

- Instant Rice
Quantity_____
- Beans
Quantity_____
- Grains
Quantity_____
- Ramen Noodles
Quantity_____

Canned Foods

- Canned vegetables
Quantity_____
- Canned soups
Quantity_____
- Canned fruit
Quantity_____
- Canned meat
Quantity_____

Pickles

- Pickles
Quantity_____
- Salsa
Quantity_____
- Beef jerky
Quantity_____
- Dried Fruit
Quantity_____

- Nuts

Quantity_____

Cooking essentials

- Salt

Quantity_____

- Olive Oil or other cooking oil

Quantity_____

- Flour

Quantity_____

- Powdered eggs

Quantity_____

- Sugar

Quantity_____

- Baking soda

Quantity_____

- Baking powder

Quantity_____

- Dry yeast

Quantity_____

- Honey

Quantity_____

- Spices

Quantity_____

Liquids

- Milk (condensed and powdered)

Quantity_____

Coffee
Quantity_____

Tea
Quantity_____

Alcohol
Quantity_____

Sports Drinks
Quantity_____

Juice Powders
Quantity_____

Protein Drinks
Quantity_____

Coconut Water
Quantity_____

Comfort food

Peanut Butter
Quantity_____

Canned Preserves or jam
Quantity_____

Snacks and treats
Quantity_____

Hard candy
Quantity_____

Popcorn
Quantity_____

Crackers
Quantity_____

First Aid

An important part of being prepared for a variety of emergencies is learning first aid. Have your entire family take a first aid class at your local hospital or Red Cross chapter. Also, make sure that everyone in your family is familiar with all of the items in your first aid kit. Having a well-stocked first aid kit is only useful if there is someone with the knowledge about how to use them.

- First Aid Manual
Quantity_____
- Adhesive bandages (assorted sizes)
Quantity_____
- Compress dressings
Quantity_____
- Adhesive cloth tape
Quantity_____
- Antiseptic wipes
Quantity_____
- Aspirin, Tylenol, Aleve
Quantity_____
- Cold medicine
Quantity_____
- Cough medicine
Quantity_____
- Cold compress
Quantity_____
- Latex gloves
Quantity_____
- Hydrocortisone
Quantity_____

- Breathing mask
Quantity_____
- Bandage rolls (different sizes)
Quantity_____
- Scissors
Quantity_____
- Gauze pads (different sizes)
Quantity_____
- Triangular bandages
Quantity_____
- Maxi pads
Quantity_____
- Super or crazy glue
Quantity_____
- Tweezers
Quantity_____
- Cavity repair kit
Quantity_____

Basic Surgery Kit

- Anesthesia
Quantity_____
- Pain killers (Percocet, Vicodin, Oxycotin)
Quantity_____
- Needle and thread
Quantity_____
- Surgical Procedure Handbook

- Surgical scalpel

Quantity_____

Heat

If you live in a cold climate you need to be mindful about how you will provide heat should you lose access to your current source of heat?

- Firewood

Quantity_____

- Firestarters

Quantity_____

- Waterproof matches

Quantity_____

- Cold weather sleeping bags

Quantity_____

- Hand warmers

Quantity_____

- Survival Blankets

Quantity_____

- Lighters

Quantity_____

- Axe

Quantity_____

- Saw

Quantity_____

- Wood Stove

- Propane heater

Quantity_____

- Propane Bottles/tanks
Quantity_____
- Oil lamps
Quantity_____
- Wicks
Quantity_____
- Oil (clear is best)
Quantity_____
- LED Lights and extra batteries
Quantity_____
- Hand crank light
Quantity_____

Hygiene and Sanitation

It is very important to maintain good personal hygiene and sanitation. If you become ill you may not have access to medical care. By keeping things clean and maintaining a high level of personal hygiene, you can help to minimize the risks of catching certain water and airborne diseases.

- Soap
Quantity_____
- Shampoo
Quantity_____
- Toothpaste
Quantity_____
- Extra toothbrushes
Quantity_____
- Camping toilet
Quantity_____

- Toilet paper
Quantity _____
- Deodorant
Quantity _____
- Baby powder
Quantity _____
- Feminine care products
Quantity _____
- Bleach
Quantity _____
- Rags
Quantity _____
- Insect Repellant
Quantity _____
- Sunscreen
Quantity _____
- Garbage bags
Quantity _____
- Mop
Quantity _____
- Large buckets (for doing laundry by hand)
Quantity _____
- Portable non-electric washing machine
- Washboard
Quantity _____

- Waterless Antibacterial Soap

Quantity _____

- Clothespins

Quantity _____

- Clothesline

Quantity _____

Communication

It is difficult to imagine a world in which instant access to news from around the world is not available. But this is a very real possibility following a disaster such as the breakdown of the power structure or other world-altering events. For that reason, you should keep items that may help you to keep abreast of what is going on in the world, even if there is no power. You should also keep items that will help you to keep in touch with family, neighbors and other loved ones.

- Battery operated radio

Quantity _____

- Extra batteries

Quantity _____

- Hand crank or solar power radio

Quantity _____

- Two-way radios

Quantity _____

- Cell phone

Quantity _____

Miscellaneous

- Gas powered generator

Quantity _____

- Gas cans and other containers

Quantity_____

- Gas

Quantity_____

- Fire extinguishers

Quantity_____

- Bow saw

Quantity _____

- Axes

Quantity_____

- Hatchets

Quantity _____

- Duct tape

Quantity_____

Trade

In a situation where much needed daily items are not readily available, just about everything could be traded. There are, however, some items that will tend to be more valuable on the trade market. Keeping an ample supply of these items will put you in an even better position to get what you need after a crisis.

The most valuable of the trade items may be the ones connected with "vices". Think of the song lyrics....I'm a joker, smoker, and midnight toker...

A note about the first item on the list: water. If you have a renewable water source, this could be one of your best trade items. Others without a way to collect water will likely be willing to trade just about anything to get the water that they need.

- Water

Quantity_____

Baking basics food items

Quantity _____

Tobacco

Quantity _____

Alcohol

Quantity _____

First aid items

Quantity _____

Over-the-counter medications

Quantity _____

Toilet paper

Quantity _____

Tools

Quantity _____

Lumber

Quantity _____

Firewood Gas

Quantity _____

Propane or charcoal

Quantity _____

Guns and ammunition

Quantity _____

- Bleach

Quantity _____

- Baby items such as diapers and formula

Quantity _____

- Feminine hygiene products

Quantity _____

- Gasoline

Quantity _____

- Bicycles

Quantity _____

Special Needs

When your family includes children, the elderly or people with special needs then there are items that you will need to include in your emergency supplies.

- Diapers

Quantity _____

- Wipes

Quantity _____

- Bottles

Quantity _____

- Formula

Quantity _____

- Children's aspirin

Quantity _____

- Pacifiers

Quantity _____

- Prescription medication

Quantity _____

- Extra dentures

Quantity _____

- Denture care items

Quantity _____

- Extra glasses

Quantity _____

- Contact lenses

Quantity _____

- Contact lens solution

Quantity _____

Pet Supplies

Be sure to keep an emergency stockpile for your furry and feathered family members.

- Pet food

Quantity _____

- Pet bedding

Quantity _____

- Water bowls

Quantity _____

- Food bowls

Quantity _____

- Extra leashes

Quantity _____

- Extra collars

Quantity _____

- Heartworm prevention medication

Quantity _____

- Flea and tick preventative

Quantity _____

- Flea shampoo

Quantity _____

- Pet first aid items

Quantity _____

Livestock

If you are able to keep small livestock, this can be a huge boon to your emergency food storage. You can keep chickens for the eggs, and goats for milk or meat. Just be sure that you will be able to properly care for the livestock before making the decision to keep it.

- Chickens

Quantity _____

- Goats

Quantity _____

- Extra chicken wire

Quantity_____

- Feed

Quantity_____

- Hay

Quantity_____

- Extra feeding implements

Quantity_____

Comfort/Stress Relief

Do not underestimate the importance of having some of the items in this category in your emergency supplies. If you have children, you want to be able to give them ways to have fun and to have something to look forward to – even during times of crisis. Even if there are no children in your home, it is helpful to your mental state to have some items that can help to relieve stress.

- Board games

Quantity_____

- Books

Quantity_____

- Magazines

Quantity_____

- Coloring books

Quantity_____

- Crayons

Quantity_____

- Pens and pencils

Quantity_____

- Tobacco

Quantity_____

- Alcohol

Quantity_____

- Soda

Quantity_____

- Candy

Quantity_____

Add Your Own Items

Use this section to write in any items that you want to store that are not included in the lists above. You can print multiples of this or any of the pages as needed.

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