

MUST HAVES

- Water
- Rice
- Beans
- Non-perishables
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BEVERAGES

- Coffee/Powder creamer
- Tea
- Gatorade/Powerade
- Drink Mixes
- Gingerale
- Powder Protein Mixes
- Shelf Stable Milk/Dry Milk
- Seltzer Water
- Distill Water

PANTRY

- Canned Vegetables: Peas,
String beans
- Canned Meats:
Tuna, Salmon, Chili
- Canned Soup
- Canned Beans
- Peanut Butter
- Jelly
- Salsa
- Canned Fruit/Bowls
- Mac N Cheese
- Condiments
- Dip (shelf stable)
- Manwich
- Chef Boyardee
- Beef Jerky
- Pepperoni (shelf stable)
- Grated Parmesan (shelf
stable)
- Pickles
- Vinegar (Apple cider & White
distill)
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PANTRY

- Pasta
- Mash Potatoes
- Broth/Cooking Stock
- Top Ramen
- Seasonings
- Gravy Packets
- Ghee
- Corn Starch
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LONG SHELF LIFE

- Maple Syrup 100%
- Sugar
- Rice
- Beans
- Vinegar
- Pure Honey
- Pure Vanilla Extract
- Salt
- Canned Goods

BAKING

- Flour
- Yeast
- Sweet Condensed Milk
- Evaporated Milk
- Cooking Oil
- Shortening
- Baking soda
- Powdered Milk
- Chocolate chips
- Muffin Mix
- Cookie Mix
- Cake Mix & Frosting
- Baking Mix
- Extra Virgin Olive Oil
- Coconut Oil
- Instant Dry Milk
- Vanilla Extract
- Baking Powder
- Brownie Mixes

Breakfast

- Granola Bars
- Cereal Bars
- Cereal
- PopTarts
- Grits
- Oatmeal /Instant /Rolled Oats
- Pancake Mix
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FREEZER

- Veggies
- MEATS : FRESH, DELI
- Butter
- Cheese :
Shredded/Block/String
- Creme Cheese
- Go-gurts
- Eggs (refer to YouTube for
tutorials)
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Snacks

**Check the Shelf life of these items*

- Pork rinds
- Granola Bars
- Chips/Tortilla
- Saltine/Ritz Crackers
- Jell-O
- Pretzels
- Chocolate
- Powdered Milk
- Peanuts
- Popcorn
- Graham Crackers
- Goldfish
- Other Snacks you and
family Love
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PERSONAL

- Soap
- Shampoo/Conditioner
- Hair Care Products
- Deodorant
- Lotion
- Toothpaste & Toothbrush
- Floss
- Razors/ Shaving cream
- Feminine Hygiene Products
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HOUSEHOLD

- Bleach
- Laundry detergent
- Dryer sheets
- Fabric Softener
- Dish detergent
- Lysol
- Lysol wipes
- Multi-purpose cleaner
- Toilet bowl cleaner
- Glass cleaner
- Trash bags
- Floor cleaner
- Air freshner
- Garbage bags
- Furniture polish/dusters
- Toilet Paper
- Paper Towels
- Facial Tissue
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PETS

- Pet Food
- Medications
- Puppy Pads/Kitty Litter
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BABIES

- Formula/Dry Milk
- Diapers
- Wipes
- Diaper Rash Cream
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Medicines

- Children's Pain Reliever
- Hydrocortisone cream
- Anti-itch cream
- Band-Aids
- Neosporin
- Bandages & First Aid Tape
- Pain Patches
- Nail Clipper
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Medicines

- Prescriptions Meds.
- Pain Reliever
- First Aid Kit
- Rubbing Alcohol
- Peroxide
- Eye drops
- Allergy Meds.
- Antacids (Tums)
- Stool Softener
- Enema
- Hemorrhoidal Wipes/Suppositories
- Magnesium Citrate
- Laxative
- Pepto Bismol
- Imodium (anti-diarrheal)
- Nasal Spray
- Alka-Seltzer
- Black Elderberry
- Theraflu

PANTRY

- Pasta
- Mash Potatoes
- Pancake Mix
- Top Ramen
- Pure Maple Syrup
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OPTIONAL

- Solar Panels
- Reference Books
- Freeze dried foods
- Natural herbs or essential oils
- Extra Car Parts/supplies
- Work boots & Gloves
- Tools: Hardware/gardening
- Gardening Seeds
- Carbon Monoxide detector

ESSENTIALS

- Can opener
- Flash Lights, Lanterns, Solar lights (outdoor)
- Batteries
- Lighters/Matches
- Butane/Propane Stovetop
- Fuel: Oil for lanterns, butane, propane,
- Candles- unscented
- Water Filter/Berkey
- Deep Freezer
- Mason Jars
- Mylar Bags
- Oxygen Absorbers
- Mr. Heater/Propane
- Fishing Equipment
- Garbage bags
- Cash on hand
- Gas cans /gasoline
- Fire extinguisher
- Puzzles/ Board games/crafts

CHECKLIST



CHECKLIST



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