

Ultimate Preppers List for Non-Preppers

The amount of each item you need to purchase and prep should be a three month supply based on your whole home family audit.

Don't buy food items that you or your family won't eat unless you are preparing for a survival and barter situation. Make sure to practice proper food rotation and FIFO (first in storage is the first out).

Household Supplies

- Vinegar
- Bleach
- Baking Soda
- Dish Soap
- Cleaners
- Laundry Detergent
- Trash Bags
- Ziplock, foil, plastic wrap
- Matches
- Lighters
- Cleaning Sponges
- Clothes Pins
- Rope
- Shampoo and Conditioner
- Toothpaste
- Deodorant
- Body Soap
- Razors
- Zip ties
- Bug spray
- Mouse traps
- Paper books and a bible
- Playing cards, dice, dominoes, coloring books and crayons for kids as well as outside toys (football, baseball, basketball, hula hoop).
- Propane
- Charcoal
- Fire Starter
- Lighter fluid
- Batteries
- Flashlights
- Extra propane tanks
- Gas cans

- Tarp (recommend a couple of different sizes from small to large) 8x10. Tarps can be used to cover a roof, a makeshift tent, keep firewood dry, collect water and more.
- Toilet Paper
- Paper Towels
- Femenine Products
- Contact solution
- Reading Glasses
- Magnifying Glass
- Ruler
- Bag of rags (to be used for cleaning, animal care, personal care, etc)
- Basic tool kit: hammer, tape measure, nails, screws, saw, razor knife
- Duct tape and electrical tape
- Umbrellas
- Clothes for incimate weather and possible loss of heat inside the home

Safety

- First Aid Kit
- Medicine (3 month supply of prescribed meds)
 - Vicks
 - Cold Med
 - Allergy Med
 - Aspirin
 - Ibuprofen
 - Eye Drops
 - Ear Drops
 - Muscle Rub
- Rubbing Alcohol
- Peroxide
- Witch Hazel
- House alarms (battery operated)
- Locks
- Fencing/Gate
- Window Security (sticks, locks, alarms, tape)
- Battery operated security cameras
- Mouse traps/Rodent Traps
- Survival books
- Personal firearm and ammo
- Barbed wire
- Whistle
- Pepper Spray
- Primitive weapons: bow and arrow, throwing knives, hatchet, slingshot
- Gun cleaning kit
- Blankets

Food

Perishable

When buying perishable items, try to buy items (you use) that have a long shelf life without refrigeration. For instance, farm eggs that haven't been washed can last on the shelf for up to five weeks without refrigeration.

We created the below perishable foods that have a decent shelflife. Do not add these items to your preps if your family doesn't eat them.

- Garlic
- Eggs
- Potatoes
- Onions
- Winter Squash
- Acorn Squash
- Butternut Squash
- Sweet Potatoes
- Carrots
- Celery
- Butter
- Cabbage
- Bread (the cheap white stuff last longer due to its high preservative content)
- Apples
- Oranges or other citrus
- Radishes
- Other _____

Non-Perishable

- Canned Vegetables
- Canned Fruit
- Canned Meat
- Pasta Sauce
- Canned Tomatoes
- Canned soup
- Dried beans and lentils
- Rice
- Canned Broth
- Gravy Packets
- Powdered Milk
- Powdered Cream

- Powdered eggs
- Coffee
- Vodka
- Peanut Butter
- Tunafish
- Canned Chicken
- Jelly
- Pasta
- Pickles
- Relish
- Horseradish
- Cereal
- Granola or energy bars
- Oatmeal
- Crackers
- Canned Juice
- Nuts: Almonds, peanuts, walnuts

Pantry Staples

- Vinegar
- Baking Soda
- Salt
- Pepper
- Cornstarch
- Sugar
- Brown Sugar
- Oil
- Lard
- Yeast
- Flour
- Herbs: Sage, parsley, thyme, basil, oregano, rosemary, chili powder, pepper flakes
- Gravy/sauce packets
- Honey
- Ketchup, Mustard, Mayo
- Hot Sauce
- Steak Sauce
- Worcestershire Sauce
- Soy Sauce
- Teriyaki Sauce
- Syrup
- Pancake Mix
- Biscuit Mix

Water

- Water Filter
- Water treatment
- Water storage containers
- Our friends at Common Sense Home have a great article about water storage and emergency supply (<https://commonsensehome.com/emergency-water-storage/>)

Animal

- Food, dried and canned
- Rice, canned meat, powdered eggs, and peanut butter if you run out of dried food you can make your own.
- Flea treatments
- Meds
- Leashes and collars.

Barter Items

Barter items are in addition to what you will prep for your family. You will use these items to trade for services your family needs.

- Ammo: 9mm, .22, 12GA, 20Ga, .45, .308, .223
- Batteries (AA, AAA, D, C, 9V)
- Vodka or other grain alcohol
- Chocolate
- Coffee
- Basic Medical Supplies
- Lighters
- Personal Care Products
- Canned Goods
- Tobacco

Electric Replacements

In case there is a situation where you are without power, having a non-electrical alternative is ideal.

- Can opener
- Coffee Percolator
- Firestarter
- Charcoal or Wood Grill
- Five gallon bucket (x2) You can use a five gallon bucket as a portable toilet and another bucket to wash clothes).
- Plunger to wash clothes

- Clothes line (rope and clothespins)
- Lanterns and Lamp Oil
- Generator and gas
- Water Filter
- Cooler
- Solar Shower Bag
- Propane heater
- Extra propane tanks
- Gas tanks
- Hand mixers
- Razors for shaving
- Hand tools: hammer, saw, drill
- Solar battery charger
- Solar phone charger
- Ham radio or walkie talkie (battery operated)
- Bikes for transportation
- Other _____