The Essential Shopping Checklist

Start small. Store carefully. Rotate what you use. Grow what you can.

FIRST 72 HOURS

- [ ] Safe drinking water: 3 gallons per person
- [ ] 3 days of ready-to-eat food
- [ ] Manual can opener, bowl, cup, utensils
- [ ] Flashlight and working batteries
- [ ] First aid and essential medicines
- [ ] Bar soap, toilet paper, garbage bags
- [ ] Special infant, pet, or medical supplies

BATHROOM & HOUSEHOLD

- [ ] Extra toothbrushes, floss, towels
- [ ] Toothpaste and personal products (rotate by label)
- [ ] Menstrual supplies if needed
- [ ] Laundry and dish soap
- [ ] Cleaning cloths and brushes
- [ ] Waste bags and temporary sanitation bucket
- [ ] Warm clothing, blankets, sturdy footwear

NEXT: TWO-WEEK PANTRY

- [ ] Water target: 14 gallons per person, plus cooking water
- [ ] White rice and dry lentils / split peas
- [ ] Ready-to-eat canned beans or soups
- [ ] Certified gluten-free oats
- [ ] Canned greens, carrots, fruit, or rated freeze-dried produce
- [ ] Cooking oil, iodized salt, seasonings
- [ ] Safe cooking method and fuel

LONGER-TERM RESILIENCE

- [ ] Cool, dark, dry storage shelf and labels
- [ ] Food-grade airtight dry-food containers
- [ ] Storage-crop seeds: beans, carrots, beets, squash
- [ ] Fresh greens: kale, lettuce, Swiss chard
- [ ] Optional small hydroponic setup for greens
- [ ] Plan to check seeds and storage every six months
- [ ] A B12 source if eating fully plant-based

REPLACE & ROTATE - DO NOT ASSUME FIVE YEARS

Oils, brown rice, nuts, ordinary oats, vitamins, medications, toothpaste, disinfectants, and seeds.

Infant formula: never use past its use-by date. Never taste food from bulging or leaking cans.