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Total cost for this list is about \$940. However, the prices listed below are the non-sales price at my local grocery store and I am sure you could do better on prices with sales and coupons or at a bulk store.

Photo	Description	Quantity Per Person	Cost	Total Round Up
	Water – 30 gallons (one gallon per day). Buy 2.5 gallon containers. Make sure you check the expiration date to ensure your purchase will last at least a year. This is a must have item! If you buy nothing else on this list, buy and store some water. 1 gallon per person per day is the minimum.	12	\$2.50	\$30
	240 Serving Package - 40 lbs - Includes: 1 - 120 Serving Entree Bucket and 1 - 120 Serving Breakfast Bucket 1 month supply - 2 servings of food per day for 4 adults or 2 adults and 4 children. Also equals a 4 month supply - 2 servings a day for 1 adult. Servings included in this package: Savory Stroganoff (12 Servings) Cheesy Macaroni (12 Servings) Pasta Alfredo (12 Servings) Creamy Pasta and Vegetable Rotini (12 Servings) Teriyaki Chicken and Rice (12 Servings) Cheesy Lasagna (12 Servings) Creamy Ala King and Rice (12 Servings) Chili Macaroni (12 Servings) Tomato Basil Soup (12 Servings) Hearty Tortilla Soup (12 Servings) Apple Cinnamon Cereal (40 Servings) Brown Sugar and Maple Multi-Grain Cereal (40 Servings) Crunchy Granola (40 Servings) Click the image to order.	1	\$435	\$435
	Paper Napkins – 100 count – Can double as paper towels or TP in an emergency.	2	\$1	\$2
	Plastic Cutlery – Large Box 180 Count - Remember the water is out and you don't want to use your drinking water to clean dishes.	1	\$9	\$9
	First Aid Kit – Your best bet is to buy a first aid kit from Prepare Strong. Click the image to order. Or you can check your stores pharmacy area.	1	\$45	\$45

	<p>Baby Wipes – Yeah, these aren’t for the baby. They’re for you, so you can stay clean and not waste your drinking water trying to take a shower.</p>	<p>2</p>	<p>\$3</p>	<p>\$6</p>
	<p>Candles – These are for a light source, maybe even a heat source in a small room. Don’t depend on your scented candles for light. Each box has 5 candles. Make sure you have plenty. When you think you have enough, but another box. Click the image to order.</p>	<p>12</p>	<p>\$4</p>	<p>\$48</p>
	<p>Lighters – Buy a few. They don’t last forever and you’ll likely misplace them.</p>	<p>2</p>	<p>\$4</p>	<p>\$8</p>
	<p>2 Person Guardian Bucket Survival Kit</p> <p>Click the image to order.</p> <p>All items are packed securely in our 5 Gallon Bucket with Toilet Seat Lid</p> <p>This kit contains the following:</p> <p>Food and Water: 2 Boxes of Aqua Blox Water 3-packs 2 - 2400 Calorie Food Bars (4,800 Calories) 10 Water Purification Tablets - each tablet purifies 1 liter of water</p> <p>Light and Communications: Dynamo Radio Flashlight 4 in 1 30 Hour Emergency Candle 2 - 12 Hour Green Emergency Glow Sticks 5-in-1 Survival Whistle Box of Waterproof Matches</p> <p>Shelter and Warmth: 2 Emergency Survival Blankets 2 Person Tube Tent with Rope 2 Emergency Ponchos with Hood</p> <p>Tools: 6' x 8' Blue Tarp 7-1/2" Flat Pry Bar 16 Function Knife Leather Palm Work Gloves Duct Tape - 2" x 10 yards 2 - N95 Respirator Dust Masks - NIOSH approved Safety Goggles Sewing Kit</p> <p>Hygiene and Sanitation: Toilet Bags with Chemicals 2 Hygiene Kits 2 Pocket Tissue Packs Air Freshener</p> <p>First Aid: Guardian 65 Piece Deluxe First Aid Kit</p>	<p>1</p>	<p>\$100</p>	<p>\$100</p>

	Other: Deck of playing cards for entertainment			
	Flashlight – Buy a few. You’ll need them more often than you think. Click the image to order.	3	\$5	\$15
	Batteries – For flashlight make sure you buy the right size. Batteries don’t last forever. Make sure you update your stock at least once every year.	2	\$9	\$18
	Toilet Paper – A minimum of one roll per person per week. Store a minimum of a twelve count pack away from your normal stock.	1	\$10	\$10
	Large Garbage Bags – Black in color. Many uses for these; blacking out windows, removing large amounts of trash, water protection, etc.	2	\$10	\$20
	Duct Tape – Too many uses to list. Buy it.	2	\$7	\$14
The following toiletry items should be kept separate from your daily use set. This is your emergency supply.				
	Bar Soap – 4 count. Try to find a brand that has no scents added. Crazy reason, but if you have to hide you don’t want your scent to give you away. Plus the non-scent variety will work for both men and women. One bar per week should be good. Can be used to wash hair as well.	1	\$4	\$4
	Lip Balm	2	\$2	\$4
	Toothbrush Non-Electric. Choose your favorite. But I’d go with a soft to medium brush.	1	\$1.50	\$3
	Toothpaste. Choose your favorite.	1	\$3	\$3
	Dental Floss. Choose your favorite.	1	\$1.50	\$2

	Mouthwash. Choose your favorite.	1	\$4	\$4
	Deodorant. Choose your favorite.	2	\$4	\$8
	Razor – Non-Electric. Usually comes with a spare blade. Or you can use the disposables. You know what’s best for you.	1	\$10	\$10
	Shaving Cream	1	\$2.50	\$3
	Feminine Hygiene Products – Ladies, You know what you need and for the manly men; Maxi pads make great bandages for large gushing wounds. Have some on hand.	1	\$4	\$4
	Birth Control – For when her prescription runs out and can’t be refilled.	2	\$10	\$20
	Hand Sanitizer – Use it often to avoid getting sick.	2	\$3	\$6
<p>Medicines – You should have the following on hand. These items will most likely NOT be in a pre-built first-aid kit. These items will most likely be found in the pharmacy section of the store. All of these items can be purchased without a prescription. As always read the manufactures directions and consult a doctor before use.</p>				
	Digital Thermometer	1	\$6	\$6
	Imodium. Get the tablets.	1	\$7	\$7
	Ibuprofen. There are many varieties, Motrin, Advil are to common ones. Or you can just get the generic.	1	\$6	\$6
	Aspirin. Bayer is a popular brand or you can just get the generic.	1	\$5	\$5
	Antacids. There are many varieties, Tums, Alka-Seltzer, Prilosec, Pepto, Zantac, or you could just get the generic.	1	\$2.50	\$3

	Allergy Relief. There are many varieties, Benadryl, Claratin, Zyrtec. Or you can just get the generic. Even if you don't have allergies, it's a good idea to have this on hand.	1	\$10	\$10
	Day Time Cold Medicine.	2	\$5	\$10
	Night Time Cold Medicine.	2	\$5	\$10
	Cough Drops.	1	\$2	\$2
	Rubbing Alcohol	1	\$2	\$2
	Hydrocortisone cream	1	\$4	\$4
	Petroleum Jelly	1	\$2	\$2
	Antibacterial Ointment	1	\$8	\$8
	Saline Eye Drops. Even if you don't wear contact or usually have dry eyes, this is a good product to have on hand. Can be used as an emergency eye wash.	1	\$17	\$17
	Instant Cold Compress	3	\$12	\$12
	Electrolyte Solution for hydration after vomiting. Pedialyte is good brand.	1	\$6	\$6
	Hydrogen Peroxide.	1	\$1	\$1