


















Shopping List with items from Prepare Strong's Website

This shopping list contains items found at my local grocery store. This list is slightly more expensive than buying items directly from the Prepare Strong website; however you have the ability to tailor your supplies to your every whim. However, with this option there is no grab and go and it will require more storage space.

Total cost for this list is about \$1050. 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.












My opinion would be to have a combination of both list and extend your stockpile beyond a 30 day stint.











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.	12	\$2.50	\$30
	Breakfast Cereal – Remember your college days where you lived off cereal for an entire week? Chose several varieties with a whole grain cereal and low sugar content.	4	\$5	\$20
 	Powdered Milk – Just add water. You can make as much or as little as you need. Shelf Stable or long life comes in a box usually found in the organic food section. Look for UHT milk in small 8oz boxes 3 pack. One box per day, so you'll need 10 packs. Lasts for about 7 months.	2 Powered or 10 UHT	\$8 or \$2.50	\$16 or \$25
	Peanut Butter – Great emergency food. Dense in calories per serving. If you don't like peanut butter try another nut butter, cashew or almond.	3	\$4	\$12





	Crackers – You need something to spread the peanut butter on. Look for a brand you like that has a long shelf life. Buy extra if you plan to use in soups, stews, and chili.	3	\$2.50	\$8
	Canned Soup – ~19oz can - Unless you're a vegetarian, make sure you get something with lots of meat. Go for the larger cans like Progresso or Campbell's Chunky, and not the light versions. You're looking for a lot of calories per serving in an emergency situation. Most cans these days come with a pull top. Try to find those.	12	\$2	\$24
	Canned Stew – 20oz can – Something like Dinty Moore - You're looking for a lot of calories per serving in an emergency situation. Most cans these days come with a pull top. Try to find those.	12	\$3	\$36
	Canned Chili – 15oz can – Hormel makes a good Turkey Chili and make sure you get the beans! These are really good with Goldfish Crackers. You're looking for a lot of calories per serving in an emergency situation. Most cans these days come with a pull top. Try to find those.	24	\$1.50	\$36
	Canned Pasta – 15oz can - You're looking for a lot of calories per serving in an emergency situation. Lasagna or ravioli are great choices. Most cans these days come with a pull top. Try to find those.	24	\$1	\$24
	Tuna Fish – Not a favorite of mine, but a good protein source. 5oz Can with water, not oil. Most cans these days come with a pull top. Try to find those. If not try the pouches.	5	\$1	\$5
	Canned Salmon – Not a favorite of mine, but a good protein source. 7.5oz can. Most cans these days come with a pull top. Try to find those. If not try the pouches.	5	\$3	\$18
	Canned Chicken – A great source of protein and can be added to soups for an extra portion. 4.5oz can in water. Most cans these days come with a pull top. Try to find those. If not try the pouches.	12	\$2.50	\$30
	Canned Spam – Not a favorite of mine, but a good protein source. 12oz can, low sodium. Most cans these days come with a pull top. Try to find those.	5	\$2.50	\$13
	Canned Vegetables – Choose several of your favorites. 14.5oz can. ½ a can is about right for me as a side dish per meal. Most cans these days come with a pull top. Try to find those.	15	\$1	\$15

	Fruits Cups - 4 Pack – Great for desserts or just to finish off a meal. In juice, not syrup.	8	\$2.50	\$20
	Canned Beans - Black beans are my favorite. Choose your favorites. ½ a can is about right for me as a side dish per meal. Most cans these days come with a pull top. Try to find those.	15	\$1	\$15
	Sazon Goya Spice – Sin Achiote – I use one packet per can of black beans. Usually found in the ethnic food section of the store.	3	\$5	\$15
	Canned Pitted Olives – Great for Snacking. Most cans these days come with a pull top. Try to find those.	4	\$1.50	\$6
	Juice Boxes - 8 Pack - 6.5oz box - Apple, Cranberry are my favorites.	3	\$3	\$9
	V8 Juice - 6 Pack - 5.5oz can – Regular or Low Sodium. Not a favorite of mine, but I got these for something different than regular juice.	1	\$3.50	\$4
	Ensure – 6 Pack - Not just for old folks. Can be a life saver if your water supply becomes tainted. Found in the pharmacy section or weight loss section of the store.	6	\$10	\$60
	Carnation Breakfast Essentials – 4 pack – Chocolate or French Vanilla. Both are packed with vitamins. I try not to use one every day. Use when you get tired of cereal every day in the morning.	2	\$12	\$24
	Granola Bars – 10 count box – these are not exactly healthy. Read the labels. Meal supplements, not meal replacements, a snack maybe? Choose your favorite.	4	\$3	\$12
	Instant Coffee – Remember the power is out. So is your coffee maker. If you’re a coffee drinker choose a dark roast. Two jars might be overkill, but I don’t want you cranky because you’re out of coffee.	2	\$6	\$12





	Non Dairy Powered Creamer – Get two flavors so you can mix it up. Yes plain is a flavor.	2	\$3.50	\$7
	Sugar or Sugar Substitute – packets work best - 100 count. More if you have a sweet tooth.	2	\$2.50	\$5
	Dried Fruit – Exotic fruits can get expensive, or you can go with plain old raisins. 7oz bags.	4	\$3.50	\$14
	Nuts and Seeds – Pistachios (my favorite), cashews, walnuts, sunflower, pumpkin. Many choices here. Prices vary per variety of nut, so I went with \$7.	5	\$7	\$35
	Shelf Stable Pudding – 4 pack - Love the butterscotch and chocolate. Choose your favorite flavor. For the extra calorie punch, don't go for the sugar free choice. You will enjoy the creamy texture and they make great desserts. I usually eat two cups at a time. I know that's just crazy talk.	15	\$1.50	\$23
	Jerky – Take your pick. Beef, Turkey, whatever. This is expensive, but sometimes you just need a savory salty snack.	5	\$5	\$25
	Candy – Got for the chocolate. Yes I think chocolate should be a food group. Try some hard candies too. Get several bags, but watch your consumption. This is morale food, not a staple.	5	\$5	\$25
	Paper Plates Large – 100 count - Remember the water is out and you don't want to use your drinking water to clean dishes. Buy the paper products, they will burn in disposal. The plastic ones, not so much, they just melt.	1	\$5	\$5
	Paper Plates Small – 100 count - Remember the water is out and you don't want to use your drinking water to clean dishes. Buy the paper products, they will burn in disposal. The plastic ones, not so much, they just melt.	1	\$3	\$3
	Paper Bowls – 100 count - Remember the water is out and you don't want to use your drinking water to clean dishes. Buy the paper products, they will burn in disposal. The plastic ones, not so much, they just melt.	1	\$5	\$5

	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
	Foam Cups – 50 count - Get the foam, not the plastic. You can use them for hot and cold beverages. Remember the water is out and you don't want to use your drinking water to clean dishes.	4	\$1.50	\$6
	Can Opener – Get two just in case you lose one. Also most cans these days come with a pull top. Try to find those.	2	\$5	\$10
	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	\$44.99	\$45
	Vitamins – Choose a good multivitamin.	1	\$12	\$12
	Baking Soda – Tons of uses. Toothpaste, deodorant, antacid, cleaning just about anything. Looks like I need another article.	3	\$1	\$3
	Bleach – Make sure you get the regular plain bleach. Any brand will do that contains <u>ONLY</u> sodium hypochlorite as its active ingredient. You don't want any bleach with softeners, or scents. There are many, many uses for bleach. Looks like I need another article.	1	\$3	\$3
	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.	2	\$3	\$6
	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 12 candles. Make sure you have plenty. When you think you have enough, but another box.	10	\$2	\$20
	Lighters – Buy a few. They don't last forever and you'll likely misplace them.	2	\$4	\$8

	Flashlight – Buy a few. You’ll need them more often than you think.	3	\$3	\$9
	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
	Playing Cards – Yes you will get bored if you don’t have electricity.	2	\$2.50	\$5
	Small Garbage Bags – 4 Gallon Sized. Yeah these are for exactly what you’re thinking. You have no running water and you need to “go” somewhere.	3	\$2.50	\$8
	Bucket – Use with the small garbage bags. Need I say more? Found in the cleaning supply section of the store. Use one for waste and one for washing. Maybe buy different colors for each?	2	\$12	\$24
	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.	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
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.				
	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

	<p>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.</p>	<p>1</p>	<p>\$17</p>	<p>\$17</p>
	<p>Instant Cold Compress</p>	<p>3</p>	<p>\$12</p>	<p>\$12</p>
	<p>Electrolyte Solution for hydration after vomiting. Pedialyte is good brand.</p>	<p>1</p>	<p>\$6</p>	<p>\$6</p>
	<p>Hydrogen Peroxide.</p>	<p>1</p>	<p>\$1</p>	<p>\$1</p>