

The Prepper's Journey Checklist

Hey there, friend!

First off, let me say, I'm glad you're here.

Regardless of whether you've been prepping for years or you're just now starting to think about the big "what ifs," this checklist is for you.

And trust me, I've been down this road more times than I can count.

Now, I know the term "prepper" gets a bit of a bad rap sometimes. People picture bunkers, canned beans up to the ceiling, and a whole lot of paranoia.

But prepping isn't about living in fear. It's about living smart!

Plus, there's something pretty satisfying about knowing you've got your ducks (and your canned goods) in a row.

This checklist isn't meant to overwhelm you. It's here to guide you. I've tried to make it simple by dividing each category into three tiers:

- Tier 1: These are the absolute essential items to have in each category, no questions asked.
- Tier 2: These items are also important to have. You could get by without them if you needed to, but they'll make your survival efforts a whole lot easier once the stuff hits the fan.
- Tier 3: These are items that you could survive without, but that would still be nice to have once you have accumulated the items in Tier 1 and Tier 2

So grab a cup of coffee (or something stronger, no judgment here), roll up your sleeves, and let's get prepped!

Water and Water Filtration

Water is your number one priority..period.

You can go without food for weeks, but without water, you're in big trouble. And when disaster strikes, it's not like your tap is going to keep running!

Tier 1

- 5-Gallon Water Containers
 - Get 4 to 6 per person. I'm talking Reliance Aqua-Tainer or Scepter. They're tough, BPA-free, and perfect for long-term storage. Fill them up and stash them somewhere cool and dark.
- Water Purification Tablets
 - Aquatabs or Potable Aqua are the go-to brands. You need at least 60 tablets per person, which will purify about 60 liters of water. Trust me, you'll want these in your kit for when your storage runs low.
- LifeStraw Personal Water Filter
 - Keep 1 per person in your kit. It filters 1,000 liters of water, so you can drink from streams, lakes, and puddles if you have to. It's lightweight and doesn't take up much space.

Tier 2

- 1-Gallon Plastic Jugs
 - A solid go-to for your daily drinking. Stock at least 24 jugs for your family. Brands like Poland Spring and Aquafina are easy to find and stack well.
- Berkey Water Filter System
 - If you want something for the long haul at home, the Big Berkey is one of the best. It can filter up to 3.5 gallons per hour. If you can swing it, invest in one of these bad boys for your kitchen.
- Rain Barrels
 - Buy 2-3 barrels (50-75 gallon size). Check out The Rain Barrels, Inc. for durable, food-grade options. You'll be surprised how much rainwater you can catch and store.
- First Flush Diverter
 - Don't skip this; before rainwater hits your barrels, the first bit is usually full of debris. A Rain Harvest Systems First Flush Diverter will keep that gunk out.

- PureWell Water Filter
 - After you collect the rainwater, you'll want to filter it before drinking. The PureWell system works great for this. It'll make sure your rainwater is ready for cooking, cleaning, or drinking.
- Portable Water Pack
 - Keep a portable water pack like Blue Can Water in your car or bug-out bag. These cans have a shelf life of 50 years, so you can keep them around for a while.

Tier 3

- WaterBOB Emergency Water Storage
 - This is a must if you need a quick way to store water in your bathtub during a crisis. One WaterBOB can hold 100 gallons. No more worrying about running out of water when the taps are dry.
- Sawyer Mini Water Filter
 - Another good choice. These filters last for up to 100,000 gallons. Grab 1 per person. You can use it with the included squeeze pouch or hook it up to a hydration pack.
- Unscented Bleach
 - A last resort, but useful. Keep 2-3 bottles on hand. Add 8 drops per gallon of water, let it sit for 30 minutes, and it'll kill bacteria. But don't rely on it as your primary method of purifying water!
- Water Preserver Concentrate
 - If you want to store water long-term (think a year or more), use Water Preserver. One bottle treats 100 gallons of water. This keeps your water fresh without the risk of algae or bacteria growth.
- Aqua Blox Water Pouches
 - Stash a few of these pouches in your emergency kit. They're perfect for quick access to clean water during an evacuation. Get 2-3 pouches per person.

- Mini Water Distiller: If you're really planning ahead, a Megahome Mini Water Distiller is a solid backup. It'll distill water from almost any source. It's great for getting clean water from questionable sources like lakes or rivers.
- Aquamira Chlorine Dioxide Drops: These drops are awesome if you're trying to purify water from streams or lakes. One bottle treats about 30 gallons of water. Keep 1-2 bottles in your pack.

2. Water Pressure and Pump Systems:

- Manual Water Pump: If you live near a well or have access to a river, consider a manual hand pump. The Blue Barrel Systems Hand Pump is a good option for pulling water from natural sources when the power's out.
- Solar-Powered Submersible Pump: If you've got access to solar power, a solar-powered submersible pump is great for pumping water from your rain barrels or a nearby water source.

Food and Food Storage

When disaster strikes, the last thing you want is to be hungry and scrambling for something to eat.

You want to ensure that your stockpile isn't just a bunch of cans gathering dust, but a well-thought-out selection of food that'll keep you and your family nourished for weeks or even months.

Tier 1

- Canned Meats
 - Chicken, tuna, salmon, and turkey are your go-to options. Get at least 3-5 cans of each per person. Brands like Wild Planet or Chicken of the Sea are great for their quality and shelf-life.
- Canned Beans and Lentils

- These are high in protein and fiber. Stock 20-30 cans of beans (black beans, kidney beans, chickpeas) and 10-20 cans of lentils.
- Rice
 - White rice is best for long-term storage (up to 25 years if stored properly). Get 50 lbs bags of white rice from brands like Goya or Lundberg.
- Can Opener
 - Don't forget this one! You need a sturdy manual can opener (no battery required) to open all those cans. Get 2-3 of these, just in case one breaks.
- Allergy-Friendly Options (if applicable)
 - Be mindful of any family members with dietary restrictions or allergies. Stock up on gluten-free, dairy-free, or nut-free options as needed. Look into brands like Annie's or Amy's Kitchen for prepackaged meals that cater to special diets.
- Baby and Child-Friendly Foods (if applicable)
 - If you've got little ones, don't forget about them! Stock up on baby formula, jars of baby food, and easy-to-prepare meals. You don't want to be running to the store when you need it most.

Tier 2

- Freeze-Dried Meals
 - These are perfect for long-term storage and are lightweight. Grab a few Mountain House or Backpacker's Pantry meals. At least 20-30 meals per person for a solid stash.
- Freeze-Dried Vegetables
 - Broccoli, peas, corn, carrots, and spinach are good ones to have on hand. Aim for 5-10 lbs for a well-rounded veggie supply.
- Freeze-Dried Fruits
 - Stock up on strawberries, blueberries, and apples. They're nutrient-dense and great for snacking or adding to meals. Grab at least 5-10 lbs of various fruits.

- Pasta
 - Stock 20-30 lbs of dried pasta. Barilla and De Cecco are both solid brands that last a while in sealed containers.
- Powdered Eggs
 - For breakfast or adding protein to other meals, Mountain House and Augason Farms offer great powdered egg options. Get 2-3 large cans per person.
- MRE's
 - These are a great option for long-term emergency food. Grab 1-2 boxes of MREs (each box contains 12 meals) for each person in your household. SOPAKCO and Millennium MRE are solid brands.

Tier 3

- Dehydrated Foods
 - Foods like potatoes, rice, beans, and soups that just need water to cook are good. Grab a variety from brands like Harmony House or The Preparedness Pantry. You'll want about 5-10 pounds of each in your stockpile for every person in the family.
- Quinoa and Oats
 - For variety, grab 5-10 lbs of quinoa and 10-20 lbs of rolled oats. They're nutritious, cook easily, and can be used in tons of different recipes.
- Energy Bars
 - These are perfect for when you need quick calories and nutrition. Get a variety of Clif Bars, RXBars, and ProBar. At least 1 box (12 bars) per person per month.
- Trail Mix
 - A mix of nuts, dried fruit, and seeds will keep your energy up. Stock 5-10 lbs of mixed trail mix or ingredients to make your own.
- Nuts

- Almonds, peanuts, cashews, and walnuts are perfect for snacking and full of healthy fats. Aim for 5-10 lbs of each type of nut.
- Food Rotation Racks
 - Keep your stock fresh by rotating food every 6-12 months. Get some can racks (like Cansolidator or CanTracker) to easily store and organize your cans and keep track of expiration dates.
- Vacuum Sealer
 - To extend the shelf life of bulk grains, meats, and freeze-dried meals, invest in a vacuum sealer. Brands like FoodSaver and Seal-a-Meal are excellent. Make sure you've got extra bags, too.

First Aid and Medical Supplies

When the world goes sideways, the last thing you want is to be scrambling for a bandage or popping aspirin like candy.

Here's everything you'll need to make sure your medical kit is ready for anything.

Tier 1

- Band-Aids
 - Get a variety of sizes. Hydrocolloid bandages are a must for blisters, and standard adhesive bandages work well for cuts and scrapes.
- Gauze Pads and Rolls
 - Stock up on sterile gauze pads and gauze rolls for larger wounds. At least 5-10 rolls should do the trick.
- Antiseptic Wipes
 - Get 100-200 wipes. You want to disinfect wounds without running out. Brands like Betadine or Benzalkonium Chloride are great for wound cleaning.
- Tweezers
 - Get a good pair of fine-tipped tweezers for splinters, ticks, or other minor injuries. Keep 2 pairs; one in the first aid kit, one in your emergency bag.

- Pain Relievers
 - Stock up on acetaminophen (Tylenol), ibuprofen (Advil), and aspirin. Keep at least 2 bottles of each for your family.
- Toothbrush and Toothpaste
 - Stock a 2-3 year supply of toothbrushes, toothpaste, and floss. You never know how long you'll need to go without running water or electricity.
- Burn Gel
 - Solarcaine or Aloe Vera Gel is great for treating burns. Get 2-3 bottles to have on hand.
- Tourniquets
 - If you're dealing with severe bleeding, a tourniquet is essential. CAT (Combat Application Tourniquet) is a top choice. Have at least 2-3 tourniquets in your kits.
- Prescription Meds
 - Make sure you have a 3-month supply of any regular medications your family takes. Talk to your doctor about refills or an emergency prescription plan. If you have chronic conditions like asthma, diabetes, or heart problems, don't forget inhalers, insulin, or blood pressure meds.

Tier 2

- Epi-Pens
 - If anyone in your household has severe allergies, grab 2-3 EpiPens for emergencies.
- Antihistamines
 - You'll need Benadryl or Claritin for allergic reactions. Keep 30-60 tablets per person for emergency use.
- Cold and Flu Remedies
 - You never know when a cold will hit, so keep a stash of decongestants (Sudafed), cough suppressants (Robitussin), and lozenges. Also, don't forget

DayQuil or NyQuil for those miserable nights. Stock at least 1-2 boxes of each.

- Anti-Diarrheal Meds
 - Imodium or Pepto-Bismol are great to have on hand. A 2-week supply should be enough for a family of 4.
- Hydrocolloid Bandages
 - These are awesome for blisters and healing wounds faster. Grab 5-10 packs for your kits.
- Hemostatic Agents
 - QuikClot or Celox are great for controlling severe bleeding. Get 1-2 packets for each person in your family.
- Thermometers
 - A digital thermometer is a must. Get 1 to 2 thermometers to have around. Vicks or Braun are reliable brands.

Tier 3

- Scissors
 - You need surgical scissors for cutting tape, bandages, or clothing around wounds. EMT shears work great for cutting through tougher materials. Keep 1 pair in each first aid kit.
- Multi-Vitamins
 - Keep a 6-month supply of multivitamins for everyone in your household to ensure you're getting proper nutrition in an emergency.
- Probiotics
 - For gut health and overall wellness, keep at least 2-3 bottles of probiotics. Garden of Life or Renew Life are good brands.
- Toothache Relief

- Orajel or Anbesol is essential for pain relief from toothaches. Keep 1-2 tubes in your kit.

Shelter and Warmth

When disaster strikes, staying warm and dry can mean the difference between life and death. No matter how much gear you've got, if you're freezing or exposed to the elements, it's going to be a tough ride.

And let's not forget, a good night's sleep is vital to keeping your energy up.

Tier 1

- Cold Weather Sleeping Bags
 - Get a sleeping bag that's rated for at least 20°F to 0°F for the colder months. Brands like The North Face, Marmot, or REI make solid options. Grab at least 1 sleeping bag per person. Look for down-filled bags for warmth, but if you're in a very wet environment, synthetic insulation is better because it retains warmth even when wet.
- Emergency Mylar Blankets
 - These are lightweight and perfect for emergency situations. Keep at least 2-4 per person. They trap body heat and take up hardly any space.
- Heavy-Duty Tarp
 - Tarps are incredibly versatile; they can be used for shelter, to waterproof gear, or as ground covers. Get 2 to 3 high-quality polyethylene or silnylon tarps (at least 8x10 ft). Make sure they're thick enough to withstand the elements and long-lasting.
- Rope
 - Grab paracord or nylon rope in a variety of lengths (at least 100 feet). 550 paracord is the standard for survival, and it's useful for anything from building shelter to securing gear.
- Lighters

- You should have a minimum of 3-4 lighters per person. Keep 1 in your kit, 1 in your bug-out bag, and 1 in your emergency gear. Opt for waterproof lighters like Bic or Stormproof Matches.
- Tinder
 - Keep a few bags of tinder (e.g., fatwood or dryer lint) to make starting a fire easier.

Tier 2

- Sleeping Pad
 - Don't forget a good insulated sleeping pad like the Therm-a-Rest NeoAir or Exped SynMat. It'll keep the cold from seeping up from the ground and help you sleep soundly.
- 4-Season Tent
 - A 4-season tent is built to withstand extreme cold, wind, and even snow. Look for a brand like MSR or Big Agnes. It's worth having at least 1 high-quality tent per family, and it should be big enough to fit everyone comfortably.
- Thermal Socks
 - You need wool socks (ideally Merino wool) to keep your feet warm. Stock at least 4-6 pairs per person.
- Fire Starters
 - Get some reliable fire starters like Cotton balls soaked in petroleum jelly, FireSteel, or Exotac FireSTEEL 2.0. These are lightweight and take up little space, but they'll give you reliable fire-starting power when you need it. Stock 5-10 fire starters.

Tier 3

- Thermal Blankets
 - For extra warmth, get some thermal or wool blankets. They're thicker and more durable than the foil ones. Stock up on 2-3 blankets for each person, and consider wool as it retains warmth even if it gets wet.

- Citronella Candles
 - These are a great option for keeping bugs at bay around your camp. Grab 2-3 citronella candles to help with the pest control.
- Portable Propane Heater
 - If you've got access to propane, Mr. Heater Buddy or Campy Gear make great portable heaters for keeping a small space warm. Get 1 per shelter and enough propane to last for a week or more. Fuel for the heater is key here; make sure you have plenty stocked up!
- Wood Stove
 - If you're set up in a cabin or larger shelter, a small wood stove (like a Cubic Mini Wood Stove) is perfect for heating. Make sure you've got 1-2 cords of firewood ready for use.

Cooking and Food Preparation

When the grid goes down, and your usual kitchen appliances are out of commission, you need to be able to make a meal with minimal resources.

Tier 1

- Portable Stove
 - Get a compact and reliable camping stove like the Coleman Classic Propane Stove or the Jetboil Flash Cooking System for quick meals. Make sure you have at least 1 stove per group, and test it out before an emergency to ensure it's in working order.
- Propane Tanks
 - Stock up on propane tanks for your stove. You'll need at least 2-3 full 16 oz. propane canisters per person for a weekend, and more if you plan for extended use. Coleman Propane is a trusted brand.
- Dutch Oven
 - A cast iron Dutch oven is perfect for slow-cooking stews, soups, or even baking bread. The Lodge Cast Iron Dutch Oven is a classic choice and will last for years.

- Stainless Steel Pots and Pans
 - Get a set of stainless steel cookware that's durable, easy to clean, and can handle open flames. Look for a 2-3 piece cooking set with a medium-sized pot, a frying pan, and a small saucepan.
- Grill Grate
 - If you plan on grilling over an open fire, pick up a portable grill grate to put over the fire. Look for something like the Texsport Grill or Coleman RoadTrip Grill.
- Charcoal
 - Keep a few bags of charcoal for grilling. Opt for lump charcoal (like Royal Oak), which burns hotter and faster, but if you prefer, go with briquettes for longer, slower cooking.
- Wood
 - If you're going the firewood route, make sure you've got a good stockpile of dry firewood (enough to last a week or more), or even compressed logs like Duraflame. If you have a firepit or fire-safe outdoor area, wood is an excellent backup for cooking.

Tier 2

- Butane
 - Butane fuel canisters are great for portable stoves and small cookers. Stock 8-10 cans to cover your cooking needs. Look for Coleman or Stansport brands.
- Grain Mill
 - If you're grinding grains for baking or cooking, a manual grain mill like the WonderMill Junior Deluxe can handle wheat, oats, and other grains. Stock up on 10-20 lbs of grains (like wheat, oats, and corn) to make sure you have long-term food options.
- Cutlery
 - Invest in durable, reusable cutlery sets (fork, knife, spoon) or even better, go for titanium sets if you want lightweight, compact gear. Keep 1 full set per person.

- Coffee Grinder
 - If you drink coffee, you'll want a manual coffee grinder like the Hario Skerton or Porlex Mini. Keep 1 grinder and 1-2 bags of whole beans for backup.

Tier 3

- Blender or Food Processor
 - A hand-cranked blender or food processor (think L'Equip Manual Food Processor) is great for chopping, blending, or pureeing food when there's no electricity.

Communication and Power

Alright, let's be real: when the lights go out and your phone's battery is running on fumes, you're gonna wish you had a backup plan.

Tier 1

- Hand Crank Radio
 - Don't rely on batteries alone. A hand-crank radio (like the Kaito Voyager or Eton FRX2) is perfect when you need to generate your own power. These will keep you tuned in without worrying about dead batteries.
- LED Flashlights
 - Don't skimp on these. A Streamlight ProTac or Fenix PD35 will give you solid, reliable light without eating up batteries. Keep at least 2-3 flashlights around the house, plus one in your emergency kit.
- Rechargeable Batteries
 - Trust me, you'll need a ton of these. Grab AA and AAA rechargeable batteries like Eneloop Pro; they hold their charge for months and will save you a lot of headaches. I'd stock up on at least 4-6 packs per household.
- Two-Way Radios
 - If you need to stay in touch with family members or neighbors during an emergency, invest in a set of walkie-talkies. Look for something like the Motorola T600 Talkabout or Midland GXT1000VP4. These radios have a 35-mile range

and are waterproof.

- Solar-Powered Charger
 - You need a way to charge when the sun's out. Anker PowerPort Solar or Goal Zero Nomad solar chargers are solid choices. Make sure you've got at least 1 solar charger per household. They'll keep your devices topped off during the day, and they're portable, so you can use them anywhere.

Tier 2

- Battery-Powered Radio
 - When the power's out, a solid emergency radio will be your best friend. Grab something like the Eton FRX5 or Kaito KA500; these bad boys don't just give you weather alerts, they've got flashlights and USB charging ports, too. Seriously, do yourself a favor and pick up 1 radio per household.
- Headlamps
 - Get some headlamps like the PETZL Tikka or Black Diamond Spot. Hands-free light is a game-changer when you need to get stuff done in the dark. Make sure to have 1-2 for each person.
- Whistles
 - Keep a Fox 40 Classic whistle or something equally loud on hand. You'll need it to signal others, especially if you're out in the wilderness or trying to grab attention in an emergency. Get 1-2 per person.
- Power Bank
 - A good solar power bank like the RAVPower Solar Charger or Goal Zero Sherpa is perfect for storing energy during the day for later use. Get a 10,000 mAh or higher model so you're not running out of juice in a few hours.

Tier 3

- Portable Generator
 - If you've got the space for it, a portable generator like the Honda EU2200i or Westinghouse iGen4500 will be a lifesaver. These will power lights, fridges, and electronics when everything else is down. Make sure you've got 1 generator and

that it's well-maintained.

- Lanterns
 - If you need to light up a room or tent, grab a battery-powered lantern like the Streamlight Siege or Coleman LED Lantern. These will give you 360-degree light, and they last a long time on batteries.

Tools and Gear

When disaster strikes, it's not just about what you have. It's about how well you can use it. And for that, you need the right tools.

You don't need to be MacGyver, but you do need to be prepared.

Tier 1

- Duct Tape
 - A roll of good-quality duct tape like Gorilla Tape will fix almost anything in a pinch. Keep 2-3 rolls.
- Hammer
 - A good claw hammer (like the Estwing 16 oz. Hammer) will cover all your nailing and prying needs. Grab 1-2 hammers.
- Zip Ties
 - These are great for quickly securing things. Get a big pack of heavy-duty zip ties. 50-100 pieces should do.
- Hatchet
 - A smaller, more compact tool for cutting smaller wood or doing fine work is a hatchet. The Gerber Pack Hatchet is a great lightweight option.
- Fire Extinguisher
 - You need a fire extinguisher rated for Class A, B, and C fires. A ABC Fire Extinguisher (like Kidde Pro 210 or First Alert models) will cover most emergencies. Keep 1 per room or in easy-to-access areas.

- Leatherman Multi-Tool
 - For something a bit more heavy-duty, grab a Leatherman like the Leatherman Wave Plus. It's got pliers, wire cutters, knives, scissors, and all kinds of handy stuff to tackle just about anything. Keep 1-2 per person in your kit or bag.

Tier 2

- Axe
 - You'll need an axe for cutting larger pieces of wood for shelter or firewood. The Fiskars X27 Super Splitting Axe is a great option for chopping wood. Keep 1 axe in your gear.
- Folding Shovel
 - A sturdy, foldable shovel like the Gerber Gorge Folding Shovel or E-Tool is essential for digging trenches, setting up shelters, or dealing with waste. Keep 1 shovel in your pack.
- Crowbar
 - A crowbar or pry bar is a must-have for demolition or prying things open. Get a solid one like the Estwing 12" Claw Bar.
- Swiss Army Knife
 - A good Swiss Army knife is a classic for a reason. You've got everything from a blade to screwdrivers, tweezers, and a can opener, all in one compact tool. The Victorinox Swiss Army Huntsman is a solid choice.

Tier 3

- Machete
 - For clearing brush or cutting through tough terrain, a machete like the Cold Steel Kukri is perfect. Keep 1 machete.
- Trowel
 - A garden trowel is great for digging small holes or for gardening purposes. Grab 1 trowel for digging up plants or small tasks.

- Strong Adhesives
 - Pick up super glue or epoxy resin like Gorilla Glue for quick fixes and bonding in emergencies. Keep 1-2 tubes on hand.

Personal Hygiene and Sanitation

When the world goes haywire, personal hygiene and sanitation might not seem like the top priority, but trust me, they absolutely are.

Not only will proper hygiene keep you feeling human when everything else feels out of control, but it's also essential for health and preventing illness.

Tier 1

- Toilet Paper
 - Stock up on toilet paper; you're going to need it! Grab 2-3 large packs (the big bulk ones) and make sure to store them in a dry, accessible place. If space allows, double or triple your stash to last several months.
- Feminine Hygiene Products
 - If you have women in your group, make sure you've got enough pads, tampons, or menstrual cups to last. Stock up on at least 6-12 months worth, and consider alternatives like menstrual cups or cloth pads if you want a reusable option.
- Wet Wipes
 - Wet wipes or baby wipes are perfect for cleaning up when water is scarce. Grab 2-3 big packs and store them in your emergency supplies. They'll help with everything from personal hygiene to wiping down surfaces.
- Heavy Duty Trash Bags
 - You'll need large, sturdy trash bags for general waste, especially if there's no access to a garbage service. Get several large boxes of contractor bags to handle your waste. Aim for 2-3 boxes of 45-55 gallon bags.
- Soap
 - Stock up on bar soap or liquid soap. A good rule of thumb is 1 bar per person per week if you're relying on soap for daily hygiene. Look for unscented or natural

soap for sensitive skin.

- Toothbrushes
 - Get a couple of extra toothbrushes for each person, plus travel-sized toothbrushes to pack in an emergency bag. Stock at least 2-3 brushes per person.
- Toothpaste
 - Make sure you've got plenty of toothpaste to last for months. Go for fluoride toothpaste or natural options, depending on your preference. Stock at least 3-4 tubes.
- Grooming Products
 - Consider nail clippers, tweezers, and scissors for personal grooming. Also, if anyone in the household wears glasses, make sure you've got lens wipes and a case.
- Diapers (if applicable)
 - If you've got little ones, stock up on disposable diapers or cloth diapers (if you're into the eco-friendly route). Get at least 3-6 months' worth of diapers per child.

Tier 2

- Portable Toilets
 - If you're prepping for long-term off-grid living or evacuations, a portable toilet like the Camco Portable Toilet is essential. It's compact, easy to use, and comes with waste bags for disposal.
- Disinfectants
 - For cleaning surfaces, grab a couple of bottles of disinfectant wipes or spray (like Lysol or Clorox). Stock 3-4 bottles to keep your living area clean.
- Hand Towels
 - Stock 4-6 hand towels for drying your hands or wiping down surfaces. Make sure they're quick-drying if you don't have much access to laundry.

- Hand Sanitizer
 - Keep at least 3-4 bottles of hand sanitizer with at least 60% alcohol. This is a must when soap and water are in short supply.
- Shampoo and Conditioner
 - You'll need enough shampoo and conditioner for everyone. Grab 3-6 bottles of shampoo (look for large bulk sizes) and 2-3 bottles of conditioner. Consider 2-in-1 shampoo and conditioner to save space.

Tier 3

- Sanitation Bags
 - For a more compact solution, keep sanitation bags like Restop or Luggable Loo bags on hand. These bags are easy to store, and you can use them with a bucket for emergency waste disposal. Have 1-2 sanitation kits per person.
- Floss
 - Floss is small but mighty when it comes to keeping your teeth clean. Have 1-2 packs of floss on hand.
- Deodorant
 - Stock up on deodorant or antiperspirant to keep everyone smelling fresh. 4-6 sticks per person should cover you for a good while.
- Bath Towels
 - Stock a few bath towels for each person; 2-3 towels per person should suffice.
- Washcloths
 - You'll need washcloths for cleaning your face and body. Keep 6-8 washcloths per person.

