



# HOME SUPPLY LIST

PLAN AT LEAST 14 DAYS OF SUPPLIES

## FOOD



- **CANNED**

fruits, vegetables, beans, raviolis, fish, tomatoes, soup, broths, stews, chili

- **FROZEN**

fruits, vegetables, meat, poultry, fish, pizza, burritos, tv dinners, breakfasts, desserts

- **PANTRY**

peanut butter, jelly, crackers, cereal, grains, rice, oats, nuts, seeds, quinoa, trail mix, dried fruits & vegetables, granola bars, protein bars, oatmeal, popcorn, jerky, applesauce, bouillon cubes, pasta, pasta sauce, ramen, mac & cheese, chips, chocolate, sugar, salt, pepper

- **OTHER**

special dietary considerations, baby food & formula, pet food

## DRINKS



- **WATER**

1 gallon per person per day  
water filters, water purification tablets

- **OTHER**

electrolyte liquids, fruit juices, milk (powdered or canned), coffee, tea

## HYGIENE



- **PERSONAL**

antibacterial soap bars, liquid hand soap, hand sanitizers, toilet paper, diapers, feminine products, toothpaste, shampoo

- **HOME**

disinfectant sprays & wipes, tissues, paper towels, dish soap, laundry detergent, garbage bags, cat litter

## HEALTH & MORE



- **MEDICINE**

prescriptions (30 day supply), pain relievers, fever-suppressors, cough & cold medicines, allergy relief, stomach medicines, vitamins, saline solution

- **FIRST AID KIT**

thermometer, safety goggles, face mask, gauze, scissors, antibacterial ointment, antiseptic wipes, non-latex gloves, bandages

- **MISCELLANEOUS**

cash, can opener, multipurpose tool, flashlight, batteries, surge protector, radio, important papers, addresses & numbers, maps, emergency blanket, car charger, jumper cables, whistle, plastic sheeting, humidifier, board games, books, magazines, toys, crafts