

## Home Preparedness Checklist

Checklist Kitchen	One Month	Six Months	One Year
<p data-bbox="235 294 349 325"><b>Pantry</b></p> <p data-bbox="235 367 462 399"><u><i>Variety of Beans:</i></u></p> <p data-bbox="235 430 446 462">___ Great Northern</p> <p data-bbox="235 493 430 525">___ Kidney beans</p> <p data-bbox="235 556 357 588">___ Lentils</p> <p data-bbox="235 619 341 651">___ Navy</p> <p data-bbox="235 682 341 714">___ Pinto</p> <p data-bbox="235 745 397 777">___ Red beans</p> <p data-bbox="235 808 495 840">___ Sprouting peas, etc.</p> <p data-bbox="235 871 276 903">___</p> <p data-bbox="235 955 462 987"><u><i>Rice and Grains:</i></u></p> <p data-bbox="235 1018 349 1050">___ Barley</p> <p data-bbox="235 1081 414 1113">___ Cold cereals</p> <p data-bbox="235 1144 600 1176">___ Corn (popcorn and field corn)</p> <p data-bbox="235 1207 706 1239">___ Flour (Wheat, white and other varieties)</p> <p data-bbox="235 1270 812 1302">___ Instant hot cereals (oatmeal, cream of wheat, etc.)</p> <p data-bbox="235 1333 373 1365">___ Oatmeal</p> <p data-bbox="235 1396 673 1428">___ Rice (brown, white, or combination)</p>			

**Meat and Fish**

- Chicken
- Corned beef
- Salmon
- Soy Protein - Taco filling, BBQ Beef, etc.
- Spam
- Tuna
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**Oil (Cooking Agents)**

- Baking powder
- Baking soda
- Oils
- Butter flavored Crisco
- Shortening (like Crisco)
- Olive oil (stores best)
- Vegetable oil (canola stores well)
- Mayonnaise (small jars if there is no refrigeration)
- Yeast (in a pinch you can use sourdough)
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**Salt**

- Iodized
- Rock salt
- Sea salt

**Sugar (Sweeteners)**

\_\_\_ Brown sugar

\_\_\_ Corn syrup

\_\_\_ Equal or Sweet N Low

\_\_\_ Honey

\_\_\_ Maple syrup

\_\_\_ Molasses

\_\_\_ Powdered sugar

\_\_\_ White sugar

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**Pasta**

\_\_\_ Macaroni

\_\_\_ Shells

\_\_\_ Spaghetti (with jars of heat-up sauce)

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**Dairy Products**

\_\_\_ Dry Buttermilk

\_\_\_ Milk (canned evaporated)

\_\_\_ Parmesan cheese

\_\_\_ Powdered butter/margarine is available (like Butter Busters)

\_\_\_ Cheese powder (like what's in the boxes of prepared Macaroni and Cheese)

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**Eggs**

\_\_\_ Powdered eggs

**Vegetables**

**(Canned, bottled and dehydrated vegetables)**

- Beets
- Broccoli
- Cabbage
- Carrots
- Celery
- Creamed corn
- Green beans
- Instant mashed potatoes
- Peas
- Soup and stew blends
- Spinach
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**Fruits (canned and dehydrated)**

- Apples
- Applesauce
- Apricots
- Bananas
- Canned and bottled fruit juices
- Flavored apples
- Fruit cocktail
- Lemon juice (refrigeration not required)
- Oranges
- Peaches
- Raisins
- Small boxes of juice for kids

**Soups**

- \_\_\_ Canned chicken/beef stock
- \_\_\_ Cream of Mushroom, broccoli, etc.
- \_\_\_ Soup starter
- \_\_\_ Variety of canned
- \_\_\_

**Spices and Flavorings**

- \_\_\_ Baking cocoa
- \_\_\_ Basil
- \_\_\_ Bouillon (beef and chicken)
- \_\_\_ Canned tomatoes
- \_\_\_ Chili powder
- \_\_\_ Cinnamon
- \_\_\_ Garlic (powder, minced, salt)
- \_\_\_ Green peppers
- \_\_\_ Ketchup (American will often eat things with ketchup on them they wouldn't otherwise!)
- \_\_\_ Mustard
- \_\_\_ Onions (powder, flakes, salt)
- \_\_\_ Oregano
- \_\_\_ Pepper
- \_\_\_ Salad dressing
- \_\_\_ Salsa
- \_\_\_ Soy sauce
- \_\_\_ Teriyaki sauce
- \_\_\_ Tomato paste
- \_\_\_ Tomato powder
- \_\_\_ Tomato sauce

**Spices and Flavorings (cont.)**

\_\_\_ Vinegar (plain and flavored)

\_\_\_ Worcestershire sauce

\_\_\_ Bay leaves (Bay Leaves are also great for keeping bugs out of flour and cereal so you might want to get an extra large bottle!)

**Seeds for Sprouting: (essential for vitamins)**

\_\_\_ Alfalfa, mung, radish, sprouting peas, lentils, etc.

**Fresh root vegetables**

\_\_\_ Butternut squash

\_\_\_ Potatoes (kept in cool, dark place)

\_\_\_ Waxed Rutabagas

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**Odds and Ends**

\_\_\_ Biscuit mix

\_\_\_ Canned mushrooms

\_\_\_ Cans of nuts (peanuts, cashews, etc.)

\_\_\_ Cereals

\_\_\_ Crackers

\_\_\_ Pancake mix

\_\_\_ Pickles

\_\_\_ Salad dressing Mix (Good Seasons type)

\_\_\_ Waffle mix

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**Beverages**

\_\_\_ Coffee (vacuum sealed but already)

\_\_\_ Gatorade

\_\_\_ Hot Chocolate

\_\_\_ Individual Coffee bags

\_\_\_ Instant coffee

\_\_\_ Non-carbonated drink mix (like Tang, Kool-aid)

\_\_\_ Non-dairy creamer

\_\_\_ Canned Sodas

\_\_\_ Tea

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**Quick and Easy to Prepare Foods**

\_\_\_ Canned chili, canned soups, canned meats, peanut butter, etc.

\_\_\_ Freeze or dried or no-cook foods

\_\_\_ Instant Soups (like Ramon or any soup you just add water)

\_\_\_ Macaroni and Cheese

\_\_\_ Spaghetti sauce

**Psychological Foods or Comfort Foods**

- Brownie mixes
- Cake mixes
- Cheerios
- Chocolate chips
- Chocolate milk mix
- Crackers
- Dream Whip
- Hard candies
- Jell-O
- Jelly
- Popcorn
- Powdered drinks (with added vitamin C like Tang)
- Puddings
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**Baby Food and Formula**

- Powdered formula (canned formula wouldn't last as long and is more expensive. Have some bottles of sterile water on hand to mix with the formula.)
- Pureed fruits and vegetables
- Hand grinder to puree table food



## **Vitamins**

- Children's liquid or chewable vitamins
- Liquid dietary supplement (like Ensure)
- Mineral supplements (like calcium)
- Multi-vitamins
- Vitamin C

## **Water**

- Drinking water
- Distilled water
- Soda water
- Water for cleaning and Bathing
- Water filters
- Water purifiers
- Iodine

Remember, "Buy what you eat and eat what you buy."

## Cupboards

### Cooking utensils

\_\_\_ French press coffeepot (the kind you add hot water to, let it steep and then press the grounds down)

\_\_\_ Solar oven

\_\_\_ Woodstove

\_\_\_ Gas Grill

\_\_\_ Camping stove

\_\_\_ Pressure cooker

\_\_\_ Kettle

\_\_\_ Cast iron cookware

\_\_\_ Skillet

\_\_\_ Dutch oven

\_\_\_ Bread pans

\_\_\_ Waffle iron

\_\_\_ Griddle

\_\_\_ Wok

\_\_\_ Plastic storage containers

## **Under the sink stuff**

- \_\_\_ Bleach
- \_\_\_ Dishwashing Detergent (anti-bacterial)
- \_\_\_ Dishpan
- \_\_\_ Drying rack
- \_\_\_ Dishtowels
- \_\_\_ Hand Soap (anti-bacterial)
- \_\_\_ Hand Soap (waterless)
- \_\_\_ Sponges
- \_\_\_ Steel wool pads (Brillo)
- \_\_\_ Rubber Gloves
- \_\_\_ Cleanser with Bleach
- \_\_\_ Trash bags
- \_\_\_ Drawstring, white, tall kitchen bags
- \_\_\_ Black garbage bags
- \_\_\_ Twisties
- \_\_\_ Small plastic bags (zip lock ect.)
- \_\_\_ Sandwich size plastic bags (zip lock ect.)
- \_\_\_ Large plastic bags (zip lock ect.)
- \_\_\_ Thick, freezer bags
- \_\_\_ Aluminum Foil (various sizes)
- \_\_\_ Plastic wrap
- \_\_\_ Paper Towels
- \_\_\_ Paper Napkins

### **Under the sink stuff (cont.)**

- Rags
- Manual Can opener (Good Grips are pretty easy)
- Knife sharpener
- Kitchen matches (in waterproof container)
- Fire extinguisher

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### **Checklist Laundry Room**

- Detergent (liquid laundry soap)
- Bleach
- Drying rack
- Clothes line
- Clothes pins
- Washtub
- Buckets
- Dust cloths
- Furniture Polish
- Window cleaner
- Dust cloths
- Furniture Polish
- Window cleaner
- Light bulbs
- Batteries
- Battery charger
- Candles
- Matches

<b>Checklist Laundry Room(cont.)</b>			
___ Light sticks			
___ Oil Lamp			
___ Oil, wicks			
___ Disinfectant (Lysol)			
___ Broom			
___ Air freshener			
___ Toilet bowl cleaner			
___ Plunger			
___ Drain Snake			
___ Drain unclogger (like Drano)			
___			
___			
<b>Sewing kit</b>			
___ Needles			
___ Thread			
___ Scissors			
___ Material			
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## **Checklist Bathroom**

### **Shower and tub**

- \_\_\_ Bath soap
- \_\_\_ Outdoor solar shower bag
- \_\_\_ Razor and blades
- \_\_\_ Shampoo/conditioner
- \_\_\_ Shaving Cream
- \_\_\_ Tissues
- \_\_\_ Toilet paper (lots!)
- \_\_\_ Moist towelettes or baby wipes
- \_\_\_ Air freshener
- \_\_\_
- \_\_\_

### **Feminine Hygiene**

- \_\_\_ Maxi Pads
- \_\_\_ Tampons
- \_\_\_ Panty Liners
- \_\_\_ Washable pads
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### **Hair care**

- \_\_\_ Hair brushes
- \_\_\_ Combs
- \_\_\_ Elastics and ribbons for little girls
- \_\_\_ Non-electric Curlers (like the little Velcro kind)
- \_\_\_ Curling Iron (propane)
- \_\_\_ Hair cutting scissors
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**Dental Care**

- \_\_\_ Toothbrushes
- \_\_\_ Toothpaste
- \_\_\_ Mouthwash
- \_\_\_ Dental Floss
- \_\_\_ Denture Care Products
- \_\_\_ Adhesive
- \_\_\_ Cleanser

**Eye Care**

- \_\_\_ Extra Glasses
- \_\_\_ Extra replacement screws
- \_\_\_ Extra Contacts
- \_\_\_ Saline solution
- \_\_\_

**Make-up**

Don't discount this as unimportant! If wearing make-up is part of your lifestyle, make sure that you include enough to last you for awhile. It's important to feel good about how you look! It helps your self-esteem which will help your family.

- \_\_\_ Cleanser
- \_\_\_ Toner
- \_\_\_ Moisturizer
- \_\_\_ Foundation
- \_\_\_ Blush
- \_\_\_ Eyeliner
- \_\_\_ Eye shadow
- \_\_\_ Mascara
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**Personal Grooming**

- Deodorant
- Perfume
- Hair spray
- Hair color
- Permanent Wave Solution (curlers and papers)
- Hair relaxer
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**Checklist Medicine Cabinet**

**Non Prescription Medications**

- Activated charcoal (use if indicated for certain poisons)
- Advil (Ibuprofen)
- Aleve
- Antacid (for stomach upset)
- Anti-diarrhea medication (Kaopectate; Pepto-Bismol; Imodium)
- Aspirin
- Benadryl
- Cold, Flu and Cough Remedies
- Cough drops
- Nyquil/Dayquil
- Hay fever/Sinus
- Hydrocortisone creme (Cortaid)
- Laxatives for constipation
- Motrin
- Neosporin



***Non Prescription Medications (cont.)***

\_\_\_ Syrup of Ipecac (use to induce vomiting)

\_\_\_ Tylenol (Acetaminophen)

\_\_\_ Yeast infection medicine

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***Medical Concerns for Children***

\_\_\_ Band-Aids in lots of sizes

\_\_\_ Children's Tylenol

\_\_\_ Diaper rash cream

\_\_\_ Digital thermometer for young babies

\_\_\_ Ear viewer and instructions

\_\_\_ Immunizations

\_\_\_ Pedialyte (electrolyte fluid)

**Specific medicines for your child (check on the shelf life of medications)**

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***Alternative and Natural Health***

Note: Although herbal remedies are non-prescription, they can still be dangerous if used improperly. Please read all label for directions and keep out of the reach of children.)

\_\_\_ Echinacea with Goldenseal for colds

\_\_\_ Cool Cayenne for upper respiratory

\_\_\_ L-Lysine for Canker Sores

\_\_\_ Aloe for Burns

\_\_\_ Melatonin for insomnia

\_\_\_ Zinc lozenges for sore throats

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**Medical Supplies**

- Ammonia
- Glucose
- Hydrogen peroxide
- Insect bite/sting topical medicine
- Insect repellent
- Iodine
- Petroleum jelly
- Rubbing Alcohol
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**First Aid Kit**

- 2-inch sterile gauze pads (4-6)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- 4-inch sterile gauze pads (4-6)
- Aloe
- Antiseptic
- Assorted sizes of safety pins
- Cleansing agent/soap
- Elastic wrap
- Eye wash
- Hypo-allergenic adhesive tape
- Instant Ice/Heat Pack
- Iodine swabs
- Latex gloves
- Moistened towelettes

**First Aid Kit (cont.)**

- Needle
- Scissors
- Splint
- Sterile adhesive bandages in assorted sizes
- Sunscreen
- Thermometer
- Tongue blades
- Trauma scissors
- Triangular bandages (3)
- Tube of petroleum jelly or other lubricant
- Tweezers
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**Checklist Garage**

- Dog/Cat food in airtight containers (like metal garbage cans) to keep rodents out
- Kitty Litter
- Pet supplies (vitamins, pet medications like heartworm preventative, flea and tick treatments, chew toys, shampoo, etc.)
- Bug extermination
- Ant, roach spider killer
- Bee/Wasp killer
- Rat/mouse traps
- Fly traps
- Back up generator
- Fuel (gasoline, propane, etc.)
- CB radio and Short wave radio
- Work gloves

## **Checklist Office**

### **Complete family medical records**

Name: (fill in name and check when completed)

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### **Documents**

\_\_\_\_ Birth Certificate

\_\_\_\_ Social Security Card and history

\_\_\_\_ Marriage license

\_\_\_\_ Divorce papers

\_\_\_\_ Church/Religious records (Baptism,  
Confirmation, First Communion)

\_\_\_\_ Tax records

\_\_\_\_ Deeds, Titles, Proof of Ownership

### **Insurance Policies**

\_\_\_\_ Homeowners

\_\_\_\_ Auto

\_\_\_\_ Life

\_\_\_\_ Health

**Financial**

- Bank Statements
- Pensions
- Investment records
- Mortgages
- Credit/Debit Cards
- Automatic deposits/payments

**Educational Documentation**

- Certificates
- Diplomas
- Licenses
- Transcripts
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**Checklist Bedroom**

**Birth control**

- Birth Control Pills
- Condoms
- Diaphragm Foam
- Info on natural family planning
- Home pregnancy tests

**Childbirth**

- \_\_\_ Midwife information/ home birth
- \_\_\_ Info for husbands if they have to deliver the baby
- \_\_\_ Emergency home birth kit (list contents)

**Baby products**

- \_\_\_ Disposable diapers in various sizes
- \_\_\_ Cloth Diapers
- \_\_\_ Pins or clips
- \_\_\_ Rubber pants
- \_\_\_ Baby wipes
- \_\_\_ Baggies for disposing dirty diapers

**Checklist Kid's Rooms**

- \_\_\_ Flashlight
- \_\_\_ Books
- \_\_\_ Batteries
- \_\_\_ Writing paper, pens

**Checklist Guest Room**

- \_\_\_ Flashlight
- \_\_\_ Extra toothbrushes, soap, towels, etc.
- \_\_\_ Sheets
- \_\_\_ Pillows

**Checklist Garden**

- \_\_\_ Non hybrid seeds
- \_\_\_ Herbs
- \_\_\_ Vegetables
- \_\_\_ Flowers
- \_\_\_ Fruit trees
- \_\_\_ Flower Bulbs
- \_\_\_ Shovel
- \_\_\_ Spade
- \_\_\_ Hoe
- \_\_\_ Fertilizer
- \_\_\_ Insecticide (natural, when possible)

**Checklist Family Room/Den**

- \_\_\_ Decks of playing cards
- \_\_\_ Board games
- \_\_\_ Puzzles
- \_\_\_ Children's books
- \_\_\_ Arts and Crafts
- \_\_\_ Needlework
- \_\_\_ Needlepoint (Mesh, yarn, patterns)
- \_\_\_ Cross stitch (Floss, material and patterns)
- \_\_\_ Knitting (needles, yarn and patterns)

**Musical Instruments**

- \_\_\_ Piano
- \_\_\_ Acoustic guitar

**Homeschool supplies**

- Text books
- Workbooks
- Encyclopedia
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**Checklist Attic**

- Various sizes of Clothes for growing kids
- Pants
- Jackets
- Shoes
- Sleeping bags
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**Checklist Workshop**

- Plastic Sheeting (for leaks)
- Nylon rope
- Wrench
- Hammer
- Screwdrivers
- Pliers
- Ax or hatchet
- Shovel
- Saw
- Non-electric mower
- Non-electric hedge clippers
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**Checklist Library**

"How to" books

First Aid Manual

Physicians Desk Reference (guide to prescription drugs)

Medical info (i.e., Merck Manual)

Home "Fix it" Books

Garden

Cookbooks

Cooking with Food Storage

Bible

Biographies

Mysteries

Classics

**Checklist Hallway**

Lights

light bulbs

Smoke Alarm

Carbon monoxide detector (Battery operated if using alternative heat)

Battery operated clock