

The Organic Prepper

Pandemic Prepping Shopping List

- Tarps
- Duct Tape
- Quarantine signs or tape
- Tyvek Protective clothing for each family member
- N100 masks - N95 are better than nothing at all, but not sufficient)
- Nitrile gloves - be sure to order appropriate sizes
- Safety goggles with an elastic band to ensure a snug fit
- Antibacterial cleaners such as disposable wipes, bleach, and spray cleaners
- Antibacterial hand sanitizer Bleach for cleaning
- Heavy duty garbage bags
- Sanitation supplies such as toilet paper, paper towels, baby wipes, and feminine hygiene supplies
- Basic Over-the-Counter Medical Supplies
- 14 gallons of water per person
- Emergency food buckets
- Canned soups and stews
- Canned fruits and vegetables
- Canned beans
- Canned tuna, salmon, or other meat
- Dried fruit
- Instant oatmeal or grits
- Dry cereal
- Dry milk
- Crackers
- Nut butter
- Nuts
- Pasta and jarred sauce
- Jerky
- Applesauce
- Granola bars
- Protein powder
- Pre-cooked rice or quinoa
- Paper plates
- Styrofoam cups
- Plastic flatware
- Napkins
- Paper towels
- Cleaning wipes
- Magazines, books, games, craft supplies, and puzzles
- Large plastic bin for emergency supplies