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