The Organic Prepper

Panic Prepping Shopping List

• 14 gallons of water per person
• Back-up propane heater rated for indoor use
• Battery-operated carbon monoxide detector
• Large package of tealight candles
• Lighters
• Flashlights and batteries
• Glow stick bracelets for kids
• LED headlamps
• Rocket stove or camp stove (not necessary if you have a barbecue or gas kitchen stove that works when the power is out)
• 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
• Propane – 2-3 tanks, depending on your cooking and heating methods.