

The Mega List of Preparedness



512 Items the Ultimate Prepared Family
Should Consider Stocking and Storing

By Shelle Wells www.PreparednessMama.com

The Mega List of Preparedness

512 Items the Ultimate Prepared Family
Should Consider Stocking and Storing



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We think you can never be too prepared



- ❧ What are the Emergency Preparedness Supplies your family does not want to be caught without? I may be a little obsessive about this, but for me it's toilet paper. My family always has a stash of toilet paper on hand. I look for it on sale and stock up. I buy it in big 48 roll blocks. We have supplies of it under every bathroom counter, in storage under the stairs and in some other places you might not think to look for toilet paper! We will not be caught without it.
- ❧ There are other Emergency Preparedness Supplies that might be important for your family, but not for mine, and there are some items that every family should store in case of emergency – do you have an extra supply of toothpaste or a way to make it? What about extra tarps or tools?

What should you do with The Mega List?



- ❧ Begin your preparations – now! Identify what you might need and stock up on those items as they are on sale. At the end of camping season look for a killer deal on a new Dutch oven. The end of the gardening season is the best time to stock up on seeds and tools. Look over this list and be on the lookout for what your family needs to be self-reliant.
- ❧ These lists are only a guide. They will help you plan for an emergency and enable you to avoid the panic and confusion that challenges most people in times of crisis.
- ❧ You will be confident! You will be prepared!

Where should you start?

- ❧ **Where should you start?**
- ❧ This program will not be accomplished in in week, month or maybe even a year. Self-reliance is a lifelong pursuit.
- ❧ **GOOD: Choose 5 things** that you are certain you need for your Preparedness Supplies and make a plan to purchase them at a discount. Look at garage sales, sporting goods stores and other closeout sales.
- ❧ **BETTER:** Identify and get together **everything** you think you will need **on one of the Mega Preparedness Supplies lists**
- ❧ **BEST:** You have reviewed each section, identified family needs and have created a purchasing plan with a timeframe.

"Begin at the beginning," the King said, very gravely, "and go on till you come to the end: then stop."

— Lewis Carroll, Alice in Wonderland

"It does not matter how slowly you go as long as you do not stop."

-Confucius

"You don't have to worry about burning bridges, if you're building your own."

— Kerry E. Wagner

- ❧ There are important questions to ask about each category, not everyone will (or should) need every item on the Mega List.
- ❧ **Do we already have it** stored somewhere? Check it off the list. You may want to make note of where you have it stored.
- ❧ **Do we need it** for our safety or self-reliance? Some items are fun to have but not necessary.
- ❧ **How many do we need**, 1 or 100?
- ❧ **Can I make it** instead of purchasing?
- ❧ **Where will I purchase it?** Can it be found at garage sales or discount stores?
- ❧ **When will I purchase it?** Set a date.

Important Questions to ask as you begin setting your goals

Preparedness goals are ones that will lead you toward your ultimate goal of self-reliance.

You will not achieve all the suggestions I've listed in one year.

Just take it one step at a time. This is not a race, but more like a power walk.

See the post [Setting Preparedness Goals](#) at PreparednessMama

- ❧ **A budget tells your money where to go**
- ❧ And finally - Is it a budget item?
- ❧ You should never go into debt for preparedness purchases.
- ❧ High cost items should be planned and included in your monthly budget.
- ❧ Set aside a specific amount each month for preparedness purchases. Even \$10 makes a difference in the overall plan.
- ❧ Ask your family to purchase items as gifts for Christmas or Birthdays.



Follow our five part financial preparedness series:

1. [Get Financially Prepared](#)
2. [Track Spending](#)
3. [Needs vs Wants](#)
4. [Create a Budget](#)
5. [Saving Money](#)

72-Hour Kit Items



Learn More

- ❧ [Starting your 72-hr kit](#)
- ❧ [Clothing for your kit](#)
- ❧ [Emergency Food](#)
- ❧ [Keep your pets safe](#)
- ❧ [Office Emergency kit](#)
- ❧ [Kits for kids with special needs](#)
- ❧ [Infant kits](#)

Identify 5 major items

- ❧ Identify the 5 most important items from this list. This is where you will begin.
- ❧ 1-
- ❧ 2-
- ❧ 3-
- ❧ 4-
- ❧ 5-

72-Hour Kit Items

Name	#	Name	#	Name	#
\$20 cash (small bills)		Food for 3 days		Water Purification Method	
Boots or Shoes		Garbage Bag		Weather Radio (NOAA)	
Can Opener		Gloves		Whistle	
Cell Phone Charger (solar)		Ham Radio			
Change of Clothes		Hat			
Compass		Knife, pocket			
Duct Tape		Mess Kit			
Dust Mask		Pencil & Paper			
Entertainment		Plastic Sheeting			
Eye Protection		Radio			
Family Documents		Socks			
Fire Starting Supplies		Utility shut off tool			
First Aid Kit		Water for 3 days			

Automotive Supplies



Take the unexpected
by storm!

What if your car trip does become a disaster? Do you have an emergency car kit prepared for those worst case scenarios?

Not all of the items on this list will be kept in your car, but it is best to prepare.

❧ Emergency car kits

❧ Winter travel car kit

Identify 5 major items

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❧ 1-

❧ 2-

❧ 3-

❧ 4-

❧ 5-

Automotive Supplies

Name	#	Name	#	Name	#
Air Filters		Hoses & Clamps		Tire Pressure Gauge	
Battery Cables		Ice Scraper		Tool Kit	
Blanket		Jack & Lug Wrench		Traction Aids	
Brake Fluid		Oil & Oil Spout		-sand, gravel, gunny sack	
Car Repair Handbook		Oil Filters		Transmission Fluid	
Distress Flag or Sign		Power Steering Fluid		Warm Clothing	
Emergency Flares		Siphon Pump		Water (1 gallon)	
Fire Extinguisher		Small candles or canned heat to melt snow		WD-40 Lubricant	
First Aid Kit		Spare Belts & Hoses		Windshield Wiper Blades	
Fix a Flat		Spare Tire		Windshield Wiper Fluid	
Flashlight & Batteries		Spark Plugs			
Fuel & Gas Can		Tire Chains			

Cleaning & Laundry

Personal Hygiene

Frugal Ideas to Try

There are some items on this list that you can learn to make yourself:

- ❧ Laundry Detergent
- ❧ Shampoo
- ❧ Antibacterial Wipes
- ❧ DIY Natural Cleaning Kit
- ❧ Washing Laundry Without Electricity – make a hand powered laundry bucket

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- ❧ 4-
- ❧ 5-

Cleaning & Laundry Supplies

Name	#	Name	#	Name	#
All-purpose cleaner		Fabric Softener		Essential oils:	
Baking Soda		Hydrogen Peroxide		-Tea Tree	
Borax		Laundry Detergent		-Peppermint	
Castile soap		Lemon Juice		-Lemon	
Clean Rags		Microfiber Cloth		-Lavender	
Clothesline & Pins		Scrubbing Sponges		-	
Dish Detergent		Stain Remover		-	
		Vinegar		-	
		Wash Tubs (plastic)			
		Washing Soda			
		Waterproof Gloves			

Personal Hygiene Items

Name	#	Name	#	Name	#
Antibacterial Gel		Diapers- disposable or cloth		Nail Files	
Antibacterial wipes		Diaper Ointment		Nursing Needs	
Baby Lotion		Dish Soap		Plastic Wash Tubs	
Baby Powder or Cornstarch		Facial Tissue		Razors	
Bar Soap		Feminine Supplies		Shampoo	
Chap Stick or Lip Gloss		Fingernail Clippers		Shaving Cream	
Clothesline and Pins		Foot Powder		Tooth Brush	
Comb		Hairbrush		Tooth Paste	
Conditioner		Hot Water Bottle		Tooth Picks	
Contact Lens Solution		Liquid Body Soap		Washcloth	
Cotton Balls		Lubricant			
Dental Floss		Mirror			
Denture Cream & Cleanser		Moistened Wipes			
Deodorant		Mouthwash			

First Aid Kit & Medical Supplies

One kit for the house and one kit for the car

I have several first aid kits around the house. One big one and a few small ones here and there. One for the car and every 72-hour kit has a first aid kit inside.

That might seem like a lot, but you can do this inexpensively by making small kits from items found at the dollar store.

Find out more here:

[DIY Dollar Store First Aid](#)

In order to have a quality first aid kit you need to be able to address more than just scratches and scraps.

A comprehensive first aid kit is also required. Find out more here:

[First Aid Kit – Beyond the Band-Aid](#)

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❧ 1-

❧ 2-

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❧ 4-

❧ 5-

First Aid Kit & Medical Supplies pg 1

Name	#	Name	#	Name	#
Activated charcoal		Burn cream		Eye patch	
Adhesive tape		Calamine lotion		Face masks	
Alcohol wipes		Cold & flu medications		Feminine supplies	
Anti-diarrhea remedy		Cold packs - instant		Finger splints	
Antibiotic ointment		Cotton balls		First aid manual	
Antihistamine		Cotton swabs		Foot powder	
Aspirin or other pain		Cough syrup		Gauze pads 2x2	
Bandages - triangular		Ear plugs		Gauze pads 2x3	
Bandages -assorted sizes		Elastic wrap (Ace, Coban)		Gauze 4x4	
Betadine		Emergency blanket to treat shock		Gauze pads 5x9	
Broad spectrum antibiotic		EpiPen or allergies		Gloves, box of disposable	
Bulb suction for washing out wounds		Eye goggles			

First Aid Kit & Medical Supplies, pg. 2

Name	#	Name	#	Name	#
Hand sanitizer		Nail clippers		Scissors	
Heat wraps for neck & back		Needles		Sunburn medication or aloe	
Hot water bottle (rubber)		Paper bag for hyperventilation		Sunscreen	
Hydrocortisone cream		Personal medication (3 mo. Supply)		Syringe	
Hydrogen peroxide		Petroleum jelly or other lubricant		Thermometer	
Insect repellent		Plastic bags for disposal		Toothache remedies	
Instant cold pack		Potassium iodide tablets		Tweezers	
Laxative		Rubbing alcohol		Vinegar	
Matches		Safety pins, assorted		Vitamins	
Medicine cup / spoon		Saline solution for eyes		Wet wipes	
				Witch Hazel	

Garden Supplies



Why garden?

- ❧ Growing your own saves money in the food budget.
- ❧ You have control over the chemicals that are added to your food.
- ❧ It is a great way to get inexpensive food for canning, freezing and dehydrating.
- ❧ Children are more likely to eat “unusual” food if they have had a hand in growing it.
- ❧ Gardening is a stress reliever.

[Start at the Gardening Page](#)

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- ❧ 4-
- ❧ 5-

Garden Supplies

Name	#	Name	#	Name	#
Buckets -- 5 gallon		Hose attachment for watering		Spade	
Cloches		Lawnmower, hand		Seed tray packs	
Cold Frame		Manure source		Shovel	
Composting books		Mesh Wire		Sprinkler	
Fertilizer, organic		Pitchfork		Tiller	
File - to sharpen tools		Plant markers		Tomato cages	
Garden hose		Plastic Sheeting		Trellis materials	
Gardening books		Poles for staking plants		Twine	
Gardening gloves		Pruning shears		Twist ties	
Greenhouse		Rake		Watering can	
Hand tools		Row Covers		Wheel barrow	
Hoe		Seeds - Heirloom. OP			

Light / Heat / Fuel



Consider this -

How prepared are you for a storm? If the lights are out, having the ability to see and stay warm can make all the difference.

❧ [DIY Emergency Heater](#)

Evaluate the light, heat and fuel you have on hand, make note of what you have and where it is.

❧ [Emergency Light / Heat / Fuel Plan](#)

❧ [The Girls Guide to Oil Lamps](#)

Identify 5 major items

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❧ 3-

❧ 4-

❧ 5-

Light / Heat / Fuel Supplies

Name	#	Name	#	Name	#
Axe		Flashlights		Liquid Candles- 50+ hours	
Batteries – various sizes		Flashlight Bulbs		Oil Lamps	
Blankets, wool		Generator		Presto Logs	
Candles		Gloves, mittens		Quilts	
Carbon Monoxide Monitor		Hand or Body Warmers		Scarves & Hats	
Chainsaw		Hatchett		Sleeping Bags	
Charcoal Briquettes		Heaters, portable		Smoke Detector - battery	
Chuck Box		Lamp. Battery op or rechargeable		Splitting Hammer	
Dutch Oven		Lamp Oil		Weather Stripping Materials	
Fireplace Tools		Light Bulbs		Wicks & mantles for lamps	
Fire Starters		Light Sticks		Wool Socks	
Firewood		Lighter Fluids			
		Lighters			

Outdoor Survival & Camping Supplies



Questions to ask

Some families are campers and some are not.

Either way, everyone should acquire the ability to cook a meal outside. Be able use a Dutch oven, and know basic outdoor survival skills.

❧ Chuck Box: The Hearth of the Campfire

The items on this list will not only prepare you for camping, but survival.

Identify 5 major items

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❧ 1-

❧ 2-

❧ 3-

❧ 4-

❧ 5-

Outdoor Survival & Camping

Name	#	Name	#	Name	#
Alarm Clock (wind-up)		Fire Fighting supplies (bucket, sand, water)		Lighters	
Ammunition		Fire Starting Kit		Matches (waterproof)	
Back Pack		First Aid Kit		Mess Kit (or cup & plates)	
Blankets		First Aid Manual		Mirror	
Boots - sturdy		Fishing Kit		Mosquito Repellant	
Boy Scout Field Handbook		Fishing Rod & Reel		Nylon or Rayon Rope	
Camp Stove		Folding Camp Shovel		Pliers with cutting edge	
Canteen		Hand Pump & Siphon		Pocket Knife	
Canvas or plastic water pail		Hand Warmers		Portable BBQ	
Clothes line & pins		Kitchen Cleaning Supplies			
Compass		Lanterns - Battery or Propane			
Dosimeter (radiation fallout meter)		Leatherman Tool			
Emergency Blankets		Life Jackets			

Outdoor Survival & Camping pg 2

Name	#	Name	#	Name	#
Radio – Battery or Solar		Solar Charger		Topography Map	
Rifle		Solar Shower		Utensils	
Road Map		Tarps		Water Purification Kit	
Rocket Stove		Tent		Whistle	
Sleeping Bag		Tent Repair Kit			
Small Bow Saw		Thermal Underwear			
Small Hand Axe					
Snake Bite Kit					

Pantry Items



Questions to ask

Sometimes my pantry is well stocked and I can open the doors and cook up a masterpiece.

Sometimes I open the doors of my well stocked pantry and think – there’s nothing here that sounds good - I just can’t think of a way to pull it together into something fresh.

Not only should a stocked pantry give you the ability to bake bread, but a few well placed cans of proteins and vegetables can really make a huge difference.

- ❧ [Learn to dehydrate](#)
- ❧ [Create a 3-month supply of the basic foods your family eats](#)
- ❧ [Stock your Freezer: To Blanch or Not to Blanch](#)
- ❧ [The Do’s & Don’ts of Freezing Fruit](#)
- ❧ Consider adding [Freeze Dried Food](#) to the mix. It really increases options.

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- ❧ 5-

Pantry Items

Name	#	Name	#	Name	#
Baking Soda		Flour		Peanut Butter	
Baking Powder		-white		Sugar	
Beans		-wheat		-granulated	
-black		Honey		-brown	
-pinto		Evaporated Milk		-substitute of choice	
Bouillon		Mustard		Soy Sauce	
Citric Acid		Oats, Regular		Tuna and/or Canned Meat	
Cornstarch		Oil, Canola		Vinegar	
Cocoa Powder		Oil, Olive		-cider	
Dehydrated Vegetables		Pasta, various sizes		- wine	
- onions, carrot		Rice		Worcestershire Sauce	
- potato		-brown		Yeast	
Gelatin		-white		***consider freeze dried too!	

Paper Goods and Cooking Supplies

Questions to ask

Which of these “behind the scenes” items do you need for self-reliance? These top my list.

- ❧ Canning jars
- ❧ Paper plates
- ❧ My FoodSaver

I use canning jars for all kinds of storage, paper plates – because sometimes you just don’t want to do the dishes, and my FoodSaver makes long term food storage easy.

Identify 5 major items

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- ❧ 1.
- ❧ 2.
- ❧ 3.
- ❧ 4.
- ❧ 5.

Paper Goods & Cooking Supplies

Name	#	Name	#	Name	#
Aluminum Foil		Griddle		Potholder Gloves	
Black Trash Bags		Ice Chest		Pots & Pans for Outdoor Cooking	
Bottle Opener		Ice Packs - reusable		Rolling Pin	
Canning Jars		Loaf Pans		Seed Sprouting Kit	
Canning Jar Rings & Lids		Long-Handle fork, spoon, tongs		Stiff Metal Brush	
Cooking Utensils -Fire Safe		Paper Bowls		Thermometer for food & oven	
Can Opener: non-electric		Paper Cups		Thermos – see post fro ideas	
Dehydrator – see post		Paper Plates		Toilet Paper	
Dutch Ovens		Paper Towels		Twist Ties	
Food Grinder		Pencil & Paper		Waxed paper	
FoodSaver - see post		Plastic Silverware		Wheat Grinder	
Garbage Bags - kitchen		Plastic Wrap		Zip Storage Bags	
Garbage Bags – Heavy Black Contractor					

Sanitation Supplies



Get Prepared

The twin bucket toilet system was used extensively in Christchurch, New Zealand after they had a major earthquake in 2005.

A Twin Bucket Toilet separates pee and poo for better sanitation and disposal. Did you know urine can go in the garden?

Download instructions from our website:

[Emergency Sanitation](#)

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- ❧ 1-
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- ❧ 3-
- ❧ 4-
- ❧ 5-

Sanitation Supplies

Name	#	Name	#	Name	#
Air Freshener		Garbage Can (large metal w/ lid)		Portable Toilet Chemicals (found at RV Supply)	
Buckets – 5 Gallon w/ Lid		Hand Sanitizer		Shovel	
Carbon Materials like shredded paper or wood chips		Kitty Litter		Toilet Seat	
Chlorine Bleach		Plastic Bags – Heavy Duty Black			
Collapsible Camping Toilet		Plastic Bed Pan			
Deodorizer Tablets					
Disinfectant					
Disposable Gloves					

Sewing Supplies



Questions to ask

I learned to sew in Home-Ec class when I was a teen.

Sewing is a skill that it not taught to youth these days, but it is a skill that does come in handy when you are in a pinch.

If you learn to patch a hole, darn a sock and sew a simple skirt or bag you are well on your way to self-reliance.

See what [Professor Pincushion](#) offers In free classes and get started!

❧ Make a basic sewing kit

Identify 5 major items

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❧ 1-

❧ 2-

❧ 3-

❧ 4-

❧ 5-

Sewing Supplies

Name	#	Name	#	Name	#
Batting for Blankets		Knitting Needles		Snaps, hooks, eyes	
Bed sheets for backing		Needles, various sizes and shapes		Tape Measure	
Bobbins		Patterns of various sizes		Thimbles	
Buttons		Pinking Shears		Thread in assorted colors	
Chalk		Straight Pins		Tracing wheel, carbon	
Crochet Hooks		Safety Pins		Upholstery Needles	
Elastic		Scissors		Velcro	
Fabric for clothes & quilts		Seam Binding		Yardstick	
Fishing Line		Seam Ripper		Yarn	
Grommets		Sewing Instruction Book		Zippers	
Heavy Thread		Sewing Machine			
Interfacing		Sewing Machine Needles			
Iron		Shoe Laces			

The Master Spice List



I am a spice-a-holic!

I buy them in bulk and store them by the stove where they can be easily reached. PLUS I have a couple storage shelves of my favorites.

I keep them in canning jars for easy access and I seal them with my FoodSaver attachment so they last a long time.

My personal spice philosophy is this:

- ❧ Season to taste and smell
- ❧ Go bold or go home
- ❧ Know what spices go together

Find out more at

[The Prepared Spice Rack](#)

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The Master Spice List

Name	#	Name	#	Name	#
Allspice		Nutmeg		Seasoning Mixes-	
Bay leaves		Oregano		-Apple Pie	
Cayenne pepper		Onion Powder		-Cajun	
Celery salt		Paprika		-Chili	
Cinnamon		Pepper		-Chinese 5	
Cloves, whole		Peppermint		-Herbs d' Province	
Cream of tartar		Sage		-Hickory	
Cumin		Salt		-Mesquite	
Fennel Seeds		Spearmint		-Pickling Spice	
Garlic Powder		Thyme		-Pumpkin Pie	
Ginger		Turmeric		-Steak Seasoning	
Mustard seed		Vanilla extract			

Tools to Have on Hand

What is a good tool worth?



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- ❧ 4-
- ❧ 5-

Tools to Have on Hand

Name	#	Name	#	Name	#
Axe		Masking Tape		Staples & Staples	
Bicycle Tire Patch		Mop		Twine	
Broom		Nails, screws, bolts, etc.		Heavy Wire	
Buckets		Pick		Work Gloves	
Caulking Gun & Caulk		Pitchfork		Wrench for gas turnoff	
Crescent Wrench		Plumbing Repaid Items			
Duct Tape		-washers			
Electrical Tape		-drain opener			
Glue		-snake			
Hand Saw		Razor Blades & Box Knife			
Hangers – metal		Shovel			

Water Storage & Purification Supplies

Learn all about it!

Water storage is one of the easiest and most important things you can do to get prepared.

You really have no excuse!

These posts will teach you everything you need to know.

- ❧ [5 Easy Ways to Begin Your Water Storage](#)
- ❧ [The Water Storage Law of 3's](#)
- ❧ [Water Storage Infographic](#)

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- ❧ 4-
- ❧ 5-

Water Storage & Purification Supplies

Name	#	Name	#	Name	#
Bleach					
Containers					
Fuel source					
Iodine tablets					
LifeStraw Filter					
Pan for collecting water or boiling					
Pool shock					
Small camp stove for heating water					
Tarp					
Water filter, portable					

Don't Be Overwhelmed!

The Preparedness Planner will help you keep track of all your preps. The other links will help with planning ideas and give you an idea about individual item costs. Remember – pick 5 things in each area and get started!



The Preparedness Planner

Light/Heat/Fuel

First
Aid

Garden
Planner

72-hr Kit

Camping

Sewing

Thrive
Food

Garden

Herbs