

# PREPAREDNESS CHECKLIST

- White Rice
- Beans/Lentils
- Oats
- Spices & Sugar
- Oils (Olive/Coconut)
- Canned Meat
- Potatoes/Dried Potatoes
- Dried Fruit
- Nuts/Nut Butter
- Water/Water Filter
- Butane Stove & Refills
- Can Opener
- Pet Food
- Electrolytes/ORS
- Elderberry
- Vitamin C
- Zinc
- Vitamin D3/K2
- Multivitamin
- Oscillococcinum
- Ibuprofen/Acetaminophen
- Mucinex/Expectorant
- Thermometer
- Pulse Oximeter

- Vapor Rub
- Thymuline
- Clorox/Disinfectant Wipes
- Disinfectant Spray
- Antibacterial Soap
- Nitrile Gloves
- Paper Masks/N99 Mask
- Hand Sanitizer
- Battery Banks/Chargers
- Extra Assorted Batteries
- Flashlight
- First Aid Kit
- Toilet Paper/Hygenic Products
- Radio
- Extra: Phone Soap