

Emergency Supplies List

This list provides suggestions for stocking in an extra pantry, under a bed, in a closet, for any emergency. You might stock enough for 2 - 4 weeks, or as much as a year or more. Consider joining with a neighbor for major storage items, such as water.

NOTE: with time, some of these urls may no longer be valid, as merchants often rearrange their websites.

Personal Preparation:

See [Sustenance Blog](#) for great ideas:

elizabethlogan.blogspot.com/2005/07/personal-preparation.html

Water storage:

- iodine tablets for water purification (waltonfeed.com/watertab.htm, www.amazon.com/Potable-Water-Purification-Iodine-Tablets/dp/B000S87RGE or <http://www.prepare-now.com/845.html>)
- Aerobic Stabilized Oxygen (<http://waltonfeed.com/aerobic.html> or www.amazon.com/gp/product/B000N6CSCO or www.aaobfoods.com/aerobicstabilizedO2.htm NOTE: this 'aaobfoods' link may contain malware)
- storage drums, drum pump and spigot (<http://waltonfeed.com/category/56>)
These are probably plastic--perhaps not the best choice for general use, but OK for emergencies
- rain barrels
- concrete cisterns
- deep well hand pumps:
<http://www.survivalunlimited.com/handwaterpumpdeep.htm> lift up to 300 feet
- cistern hand pumps: from Lehmans (www.llehmans.com) lift up to 20 feet.

Food storage:

Hints & Concerns

- Many bulk foods can go rancid or moldy. The only bulk foods to store for long term are things like whole grain (not ground), dried beans and other legumes, dried or canned milk, canned coconut milk, salt, sugar. Or, you can rotate your stored stock through your kitchen supplies every 6 months.
- Perishable items such as olive oil, should be rotated through your kitchen supplies every 6 months or so.

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- Highly perishable items such as peanut butter should be rotated more frequently. Once the oils become oxidized, they are toxic.
- Home-canned meats and dried jerky will provide animal protein.
- Packaged, dehydrated foods are a possibility, but are expensive.
- If you have a root cellar or other cool storage, you can keep it well-stocked with home-canned garden bounty, canned meats, canned fish, [root veggies](#), onions, garlic, etc..
- Items canned in glass jars are far safer than those in metal cans (the solder leaches toxic lead into the food).
- Dried fruits should be unsulfured, but then they tend to become contaminated with molds. Commercial dried fruits are treated with preservatives; soak, then discard the water, when ready to use the fruit.
- Some nuts, such as peanuts, also tend to mold. When ready to use, wash well, soak overnight in water, discard the water and dry the nuts in the sun or in a very low oven.
- If you plan to store whole grain berries, you should have a grain mill, preferably one that can be cranked by hand. Check out the Country Living Mill on the Walton Feed site (<http://waltonfeed.com/product/1188>), or the Internet Grocer site (<http://www.internet-grocer.net/cntryliv.htm>). This is a very durable, hand-crank mill that can be fitted with a motor.
- Multi-vitamins may also be good to put in an emergency kit.

Food Ideas

- wheat or spelt berries
- pearled barley
- white rice (for long storage)
- brown rice (rotate every 6 months)
- rolled oats (steel-cut will go rancid faster; rotate every 6 months)
- pasta (spaghetti, egg noodles, etc)
- dried red beans
- dried white beans
- dried pinto beans
- dried garbanzo beans
- dried peas (dal)
- dried lentils

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- peanut butter, or other nut butters (rotate every 3 - 6 months)
- blackstrap molasses (rotate every year)
- honey (rotate every year)
- sugar
- sea salt
- baking soda
- baking powder or (cream of tartar that can be added to baking soda)
- apple cider vinegar (rotate every year)
- olive oil (rotate every 6 months)
- dried fruits (rotate every year)
- dried tomatoes (rotate every year)
- unshelled nuts (rotate every year)
- active dry yeast (rotate every year or SAF Instant yeast from BePrepared.com or HiStakes-spelt.com is good for long term storage)
- Commercial or home-canned meats and stews
- Jerky
- dehydrated foods, such as for backpacking
- dehydrated instant milk or canned milk
- canned coconut milk

Medical supplies:

- Book on local healing herbs (Tom Tracy has one for the Flathead at his Swan Valley Herbs store)
- clean gauze, muslin
- iodine solution (such as Lugol's) for sterilization
- tweezers
- surgical or razor blades

Misc:

- strike anywhere matches
- hand-operated can opener
- church key
- wet stone or grinding stone, for sharpening blades
- food grinder (for grains, legumes, etc)
- candles (survival candle by Nuwick, e.g., <http://waltonfeed.com/candlenu.html>)

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- oil lamp and replacement oil, wicks
- portable solar panels
- washboard and tub
- soap
- rope