

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.