



PREPPER SUPPLY LIST  
FOR YOUR  
EMERGENCY PANTRY  
*printable*



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# EMERGENCY FOOD STORAGE

## PREPPER SUPPLY LIST FOR YOUR EMERGENCY PANTRY

- rice
- dried beans
- canned goods (either home canned or store bought)
- salt
- sugar
- dried milk
- baking soda
- baking powder
- yeast
- sourdough starter (dehydrated or active) — you'll need this as a natural bread leavening agent if you run out of yeast
- flour
- wheat berries (for grinding; berries also last longer than ground flour, but you'll need a grain mill or vitamix with the grain container)
- oats
- water (I recommend purchasing a Berkey Water Filter System as well as bottled)
- other non-perishable food items that you enjoy, but also ones that last a few years
- packaged snacks with long expiration dates (such as granola bars, chips, etc.)
- pre-packaged food storage buckets

*notes:*



# EMERGENCY MEDICAL SUPPLIES

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- over the counter fever and pain reducer (like acetaminophen or aspirin)
- natural herbal remedies like elderberry syrup, cough syrup, and fever reducing teas (find more herbs and remedies here)
- blood stopping herbs, such as yarrow, in case you get a deep wound
- a 3-month supply of any prescriptions you take
- band aids
- suture kit
- gauze
- tourniquet
- ice packs (the kind you break for instant ice)
- heating pad or instant heat pads
- hand sanitizer
- nebulizer and saline (this helps if any respiratory illness occurs or is present)
- zinc
- vitamin c
- regular daily vitamins (in an extreme situation with zero food, your body can survive off of daily vitamins for quite some time)

*notes:*



# EMERGENCY HOUSEHOLD ITEMS

## PREPPER SUPPLY LIST FOR YOUR EMERGENCY PANTRY

- toiletries and paper products (toilet paper, paper towels, paper plates and cups, etc.)
- extra soap
- disinfecting wipes
- disinfecting spray, bleach, and/or white vinegar
- heat source (wood stove is best, but you can purchase a kerosene heater or space heater if necessary)
- cleaning supplies
- trash bags
- extra blankets
- clean snow clothing (especially if you have to leave without a vehicle)

*notes:*



# EMERGENCY INFANT & CHILD

## PREPPER SUPPLY LIST FOR YOUR EMERGENCY PANTRY

- baby wipes
- diapers (keeping cloth diapers on hand is a good idea)
- children's fever and pain reducer (or the natural alternative)
- nebulizer with pediatric mask (see above for link)
- formula (even if you're nursing)
- bottles
- nasal aspirator saline nose spray natural cold and cough syrup

*notes:*



# MISC. EMERGENCY SUPPLIES

## PREPPER SUPPLY LIST FOR YOUR EMERGENCY PANTRY

- extra gasoline, kerosene, and/or diesel
- generator
- window unit A/C (if you lose power in the summer, this can come in handy)
- extension cords for generators
- canner and canning jars
- seeds
- camp stove with extra propane
- fire starters
- foldable cooking grill (for wood fire)
- hand well pump (make sure you get the proper depth)
- a go bag (in case you need to leave in a hurry, you should also keep one of these in every vehicle in case you get stuck somewhere)

IF YOU DON'T WANT TO PURCHASE A HAND WELL PUMP, YOU CAN MAKE YOUR OWN WELL BUCKET PULLEY SYSTEM WITH PVC PIPE, WHICH IS WHAT WE KEEP ON HAND FOR EMERGENCY SITUATIONS.



# PREPPER SUPPLY LIST FOR YOUR EMERGENCY PANTRY

## LIVESTOCK EMERGENCY

- 3 month supply of feed
- extra hay and straw
- an alternative water source should yours become compromised or rendered unavailable (like a stream, well pull, etc).
- extra solar energizers for electric fences
- livestock medical supplies adequate shelter in place BEFORE a natural disaster occurs

*notes:*







# RESOURCES

FOR A FULL LIST OF LINKS TO  
MANY OF THESE PRODUCTS,  
VISIT:

[HTTP://BIT.LY/PREPPERSUPPLY](http://bit.ly/preppersupply)