

Urban Lady Prepper Essential Checklist

Do I have...		For example...
3 days worth of water		1 gal/per person, per day; extra for pets.
3 days worth of food		Canned goods, meals in pouches, canned/frozen protein.
For your pets		Have extra bag of their dry; (1) week of wet (if applicable)
Manual can opener (2)		You can find in the dollar store.
Large Cooler		Something that will hold your perishables; dairy, eggs, lunch meats.
Freezer Packs		Gel packs, blocks.
Paper products		A few rolls of cheap TP and paper towels, compressed towels, and paper plates.
Soap, deodorant, shampoo		Travel sizes, the comp hotel stu , baby/body wipes.
Basic Tool Kit		IKEA has a 17-pc. tool kit for \$13.
Fire Extinguisher		Cheap buy: \$20 at Walmart.
First Aid Kit		(1) travel-sized and another larger one would be ideal.
Aspirin		Bayer. Baby aspirin for children.
Acetaminophen		Tylenol, Excedrin. Limited doses for children.
Ibuprofen (NSAID)		Advil, Motrin.
OTC Allergy Medication		Benadryl.
Electrolyte-infused		Pedialyte.

beverage		
Indigestion/Anti-Diarrheal Meds		Pepto/Immodium. At least keep a small size if you don't use it often.
Antibiotic Ointment		Neosporin.
Rubbing Alcohol		Highest percentage you can find. 91% is ideal.
Bug Repellent		O /Deep Woods O .
Petroleum Jelly/Skin Ointment		Vaseline/Aquaphor.
Adhesive bandages		Band-Aids, any self-adhering bandages.
N95 face masks		Be sure to get N95 and get them before the next virus limits availability.
Extra prescription meds		Would your MD supply you with an extra emergency prescription?
Special Needs:		CPAP, Extra Epipen, batteries/chargers for any equipment
For your pets		Do you have enough heartworm meds, bug meds? Shots up-to-date?
Flashlights		Have 4-5, you can get cheap ones from the dollar store.
Candles/Lanterns		Tealights, LED camping lanterns
Batteries		AAA, AA; check to see if any of your larger flashlights need C or D.
Lighters		Long-necked lighters are ideal, but having smaller ones are good, too.
Matches		Any small box of matches will do. Super cheap.
Tinder for a fire		Dryer lint, shredded junk mail.

A power station		A portable one that can charge phones, laptop, small fridge, a laptop
A solar power bank		Various sizes/brands to keep phones, laptop charged.
NOAA Crank Emergency Radio		Various sizes/brands starting around \$20
Extra security		Security bar for your doors; simple window alarms, alarm signs
Maps		Rand McNally. Printouts of your local area and where you're going to.
Self-protection		Weapon or another self-defense item(s) like pepper spray, a bat...
An escape plan		Where to go, where to meet up with your kids in case of an emergency.