

Take this handy list to the store and be ready the next time power goes out.

35 Items that are First to Go in A Disaster

1. **Bottled Water** always flies off the shelf first.
2. **Canned Foods.** Don't forget a manual can opener! Concentrate on calorie-dense options like chili, soups, (this is not the time to worry about unhealthy ingredients), canned meats and fish.
3. **Any packaged, shelf stable food, including sweets and chips.**
4. **Bread, Rice, Beans, Wheat, Flour and Yeast.** All these basic ingredients will be quickly depleted.
5. **Charcoal and grills, portable grills, etc.**
6. **Cooking Oils** will go fast. They can also be used to make oil lamps.
7. **Milk,** powdered, condensed, sweetened, you name it. Also, cream, coffee creamers, eggs, and cheese.
8. **Protein powders, protein bars, granola bars.**
9. **Jerky** and other long-lasting meats.
10. **Teas, Coffee, Bottled drinks, powdered drinks.**
11. **Water Filters/Purifiers including bleach** will be impossible to find after the first few days.
12. **Generators** will fly off the shelves. Buy one now because nothing will be available when it's most needed.
13. **Flashlights, lanterns, and glowsticks.** And don't forget the batteries or fuel.
14. **Candles, oil lamps.** For candles, get unscented and long burning. Also get fire extinguishers!
15. **Plastic forks, knives, spoons, paper plates.**

16. **Plastic cups, hot cups.**
17. **Hygiene supplies** such as shampoo, toothbrushes and toothpaste, feminine hygiene products, mouthwash, floss, etc
18. **First aid kits**
19. **OTC meds.** Tylenol, Advil, cold & flu, cough syrup.
20. **Toilet Paper, Tissues, Paper Towels, Napkins**
21. **Vitamins and Herbal Supplements.**
22. **Cast iron frying pans and dutch ovens** are long lasting and are made to be used over an open fire.
23. **Infant/Toddler Supplies.**
24. **Insulated ice chests.**
25. **Bleach.** Make sure you get plain, not scented: 4 to 6% sodium hypochlorite. Plain bleach can be used to purify drinking water if necessary.
26. **Garbage cans and bags** can be used for trash, storage, water collection, and lots of other things.
27. **Cleaning and disinfecting supplies.**
28. **Aluminum foil,** regular and heavy-duty.
29. **Lighters, matches, flint and steel fire starters, fire pistons**
30. **Batteries** Don't forget solar recharger stations.
31. **Canning supplies** including jars, lids, and pectin. Most stores do not carry large quantities of canning supplies so get these before they sell out!
32. **Wine/Liquors** can be used medicinally. Vodka is useful for making many herbal medicines.
33. **All camping supplies.**
34. **Portable Toilets. Buckets and other containers.**
35. **Firearms, knives, axes and other tools.**