

## Basic Supplies List

### Think “camping”:

- ✓ prepare to be outdoors or in a shelter
- ✓ food and shelter basics
- ✓ rotate food supplies and meds

Plan out what you will need to survive on your own, with or without access to your home.

#### Eating and cooking:

- paper/plastic plates
- cups, utensils
- paper towels
- manual can opener
- chlorine bleach and eye dropper
- cooking source and fuel (optional)
- matches, butane lighter

#### Tools:

- flashlights and extra batteries
- wrench to turn off valves
- fire extinguisher
- 20 feet of sturdy rope
- utility knife
- duct tape
- broom
- hatchet or axe
- portable radio, extra batteries
- whistle (help signal)

#### Health and safety:

- first aid kit and manual
- soap, detergent
- shampoo, comb, brush
- toothbrushes, toothpaste
- medications/prescriptions
- work gloves
- sturdy shoes
- seasonal clothes
- space blanket or sleeping bag
- tent/camping equipment
- extra eyeglasses
- hearing aid, extra batteries
- scissors, tweezers
- antiseptic wipes

#### Mobile phone accessories:

- portable power bank
- phone power cord
- important phone numbers