

EMERGENCY LIST

(FOOD)

- Water (Unopened – Distilled)
 - Rice
- Dried Beans & Lentils
 - Condensed Milk
 - Sea Moss
 - Cereal
 - Granola
 - Sugar
 - Raw Honey
- Spices (Nutmeg, vanilla, Cinnamon)
 - Oils
 - Flour
 - Oat
 - Pasta
 - Jam/Jelly
 - Peanut butter
 - Vinegar
 - Baking powder
 - Canned veggies
 - Dried Seasoning
 - Dried fruits
 - Sauces
 - Salt
 - Cod fish
 - Salted beef

MEDICINE

- Eucalyptus essential oil (For respiratory condition/Asthma)
- Peppermint essential oil (For respiratory condition/Asthma)
- Liquid magnesium (For respiratory condition/cough)
 - Lobelia Herb (For respiratory condition/cough/Asthma)
 - Goldenseal Herb (Respiratory condition/Cough/Asthma)
 - Wormwood Herb (For stomach issues)
 - Buffered Vitamin C
 - Pain relievers (Excedrin, Motrin, etc)
 - Your Doctors prescribed Medications
- Antihistamine or common herbal plant in your yard (Plantago Asiatica)
 - Wild cherry bark (For children respiratory)
 - Lemon balm (For children respiratory)
 - White willow bark (For pain)
 - Sorrel (For immune system)
- Ginger & Turmeric (for Mucus and Inflammation)
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ESSENTIAL ITEMS

- Generator (In case of power outages)
 - Kerosene oil
 - Kerosene lamp
- Fire Extinguisher
 - Matches
- Jumper cables
 - Tool box
- AM/FM Radio
 - Batteries
 - Candles
 - Ropes
- Feminine needs (Pads, etc)
 - Tissues
 - Toothpaste
 - Blankets
 - Boots
 - Socks
 - Fishing Line
 - Tarps
- Portable chargers
 - Machete
 - Hammer
 - Nails
- Empty buckets (with lids)
 - Gas jug.

FIRST AID

- Bandage & Gauze
 - Hydrogen peroxide
 - Activated Charcoal (to prevent infection & poisoning)
 - Rubbing alcohol
 - Adhesive tape
 - Cotton balls
 - Rubber Tourniquet
 - Sterile saline
 - Bleach
 - Tweezers
 - Eye drops
 - Eye solution
 - Duck tapes
 - Thermometer
 - Masks
 - Scissors
 - Needles and threads
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- Feel free to add to this list!