PREPPING EXPERT · PRINTABLE

Supplies & stockpiling inventory checklist

What the household has on hand, by category. Write the quantity in the box, the date at the bottom, and buy from the gaps on your normal shopping trip.

WATER

- ☐ 14 days at 1 gal per person per day
  _____ gal on hand
- ☐ Fill or treatment date written on every container
- ☐ Filter or purification method for a second source
- ☐ Unscented bleach, dated
  loses strength after about a year

FOOD

- ☐ Two-week pantry of everyday shelf-stable food
- ☐ Three no-cook days within it
- ☐ Baby, pet and special-diet supplies
- ☐ Manual can opener, a second one in the kit
- ☐ Rotation done
  date: _____

COOKING

- ☐ Outdoor stove or grill, and fuel for 14 days
- ☐ Lighter and matches in a sealed bag
- ☐ Insulated cooker or thermos for slow cooking without fuel

POWER AND LIGHT

- ☐ Headlamp per person, lantern per room you will use
- ☐ Batteries by size
  AA ____ AAA ____ other ____
- ☐ Power bank(s) charged monthly
- ☐ Generator or power station, if owned: tested, fuel or charge date
- ☐ Heavy-duty outdoor-rated extension cord, if using a generator

HYGIENE AND SANITATION

- ☐ Toilet paper, wipes, soap, hand sanitizer for 14 days
- ☐ Bucket toilet: bucket, lid, heavy bags, absorbent material
- ☐ Menstrual, incontinence and baby supplies
- ☐ Trash bags and a place to keep full ones

NON-FOOD STOCK

- ☐ Two weeks of daily medications, more where legal
- ☐ Pet food and pet medications
- ☐ Duct tape, plastic sheeting, zip ties, work gloves
- ☐ Fire extinguisher, checked

Checked by: _____ **Date:** _____ **Next check (6 months):** _____