

Household Emergency Preparedness Manual

Shopping List

Tier 1: Short-to-Medium Term

Hours – 14 Days

Every suggested purchase for this tier, pulled from the Manual's Tech & Equipment and Materials & Supplies sections across all 15 categories. See each category's own chapter for the full reasoning, quantities, and sourcing notes behind an item.

Water & Food

- ☐ Manual can opener: +1 spare
- ☐ Food thermometer
- ☐ Water containers: 55-gal food-grade barrels, or 5-7 gal jugs for portability
- ☐ Barrel spigot or siphon pump
- ☐ Drinking & sanitation water: 14 gal/person
- ☐ Water treatment: unscented bleach or ClO2 tablets
- ☐ Non-perishable food: 14-day supply/person, no-cook options included
- ☐ Pet food: 14-day supply, waterproof container

Sanitation & Hygiene

- ☐ NOAA weather radio: battery or hand-crank; shared across several chapters, one unit covers all
- ☐ Hygiene supplies: soap, toothpaste, feminine hygiene, hand sanitizer, baby wipes
- ☐ Sanitation supplies: heavy-duty contractor bags (3-6 mil), twist ties, toilet paper, 14-day supply

Medical Care

- ☐ Digital thermometer
- ☐ Pulse oximeter: optional
- ☐ Headlamp
- ☐ Prescriptions: 14-day supply, all household meds

- ☐ Trauma kit: commercial tourniquet (CAT/SOFT-T), Israeli bandage, hemostatic gauze
- ☐ Basic medications: pain relievers, antihistamines, anti-diarrheal, antacids

Energy & Heat

- ☐ LED flashlights/headlamps: one per person
- ☐ Power banks: 20,000+ mAh
- ☐ Propane camp stove: outdoor use only
- ☐ Carbon monoxide detector: battery-operated; check the expiration date
- ☐ Warmth: wool blankets, 0F-rated sleeping bags, thermal underwear
- ☐ Batteries & glow sticks: Li-ion/AA/AAA, chemical glow sticks
- ☐ 16 oz propane cylinders: ~1 can/day estimate
- ☐ Ignition: waterproof matches, lighters, fire starters, at least two independent methods

Shelter & Structural Safety

- ☐ Gas shut-off wrench: kept at the meter
- ☐ Cordless drill
- ☐ Seismic straps: heavy-duty steel, water heater + furnace
- ☐ Furniture anchors: L-brackets or nylon straps, into wall studs
- ☐ Window protection: pre-cut plywood or security film, labeled per window
- ☐ N95/P100 respirators: wildfire smoke
- ☐ Corsi-Rosenthal box materials or HEPA purifier: wildfire smoke

Security & Self-Defense

- ☐ Door/window entry sensors: battery-operated
- ☐ Lock reinforcement: 3-inch strike plate screws, deadbolts
- ☐ Blackout curtains or heavy blankets
- ☐ Gun safe/lockbox + separate ammo storage: if firearms are in the home

Communication

- ☐ Power banks: 20,000+ mAh, roughly \$25-50 each

- ☐ NOAA weather radio: roughly \$20-40
- ☐ Solar charger: foldable panel, roughly \$30-70
- ☐ Contact cards: laminated, one per person
- ☐ Physical maps: Utah state + specific county
- ☐ Waterproof notepad + pens
- ☐ Spare charging cables: stored separately from phones

Access & Functional Needs

- ☐ Backup power for medical devices: battery/inverter sized to the specific device's draw
- ☐ Manual medical tools: manual wheelchair, manual hospital bed crank, where a real manual equivalent exists
- ☐ Assistive communication: portable TTY device, large-print notepad, or picture/communication board
- ☐ Extra medications: 30-day supply, disability-related
- ☐ Personal items: spare glasses, hearing aid batteries, dentures, prosthetic components, insulin
- ☐ FRIO-style cooling wallet: in-use insulin, no power/ice required

Mental Health

- ☐ Comfort items: familiar toys, blankets, hobbies, especially for children
- ☐ Journaling supplies: notebooks and pens

Pet Evacuation & Shelter

- ☐ Pet carriers/crates: sized per animal, labeled with contact info
- ☐ Pet first aid kit: styptic powder, saline, muzzle, sling, vet records, gauze
- ☐ Microchip scanner: optional
- ☐ Food & water: 14-day supply, airtight/waterproof containers
- ☐ Pet medications: 14-day supply
- ☐ Extra leashes/harnesses
- ☐ Sanitation: litter, poop bags, disinfectant, waste bags
- ☐ Comfort item: familiar blanket, toy, or bed

Digital Data & Documents

- ☐ Fireproof/waterproof safe: UL-rated; match the class to paper vs. electronics stored
- ☐ Encrypted external hard drive: 1TB+
- ☐ Fireproof document bag: for the go-bag
- ☐ Scanner: flatbed or portable
- ☐ Cloud backup subscription: e.g. Backblaze, iCloud, Google Drive

Economic & Financial

- ☐ Cash counting tray: optional
- ☐ Calculator
- ☐ Small-denomination cash: \$1,000+ in \$1/\$5/\$10/\$20 bills

Fitness

- ☐ Broken-in footwear: one pair per person, go-bag staged
- ☐ Properly sized pack: fitted to carry weight on the hips
- ☐ Blister/chafing supplies: moleskin, pads, anti-chafe balm
- ☐ Electrolyte supplies: oral rehydration salts or electrolyte mix

Transportation

- ☐ Jumper cables or portable jump-starter
- ☐ Tire repair/plug kit
- ☐ Portable air compressor
- ☐ Tow strap
- ☐ Ice scraper/snow brush
- ☐ Traction devices: tire chains or snow socks, test-fitted in advance
- ☐ Basic tools: adjustable wrench, screwdriver set, flashlight
- ☐ Vehicle 72-hour kit: water, non-perishable food, blanket, first aid
- ☐ Paper maps: state + county, kept in the vehicle
- ☐ Winter driving supplies: ice melt/sand, blankets, hand warmers

Post-Disaster Recovery

- ☐ Basic re-entry PPE: sturdy closed-toe boots, work gloves, N95+ respirator
- ☐ Flashlight/headlamp: for structures without power