

Household Emergency Preparedness Manual

Shopping List

Tier 2: Extended

2 Weeks – 3 Months

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

- ☐ Gravity water filter: Berkey/Sawyer-style, high volume + full spare element set
- ☐ Two-burner propane camp stove
- ☐ Backup cooking fuel: wood rocket stove or fire ring, independent of propane
- ☐ Pressure cooker
- ☐ Water testing kit: pH, chlorine residual, bacteria
- ☐ Bulk water storage: 55-gal food-grade drums
- ☐ Bulk treatment chemicals: ClO₂ tablets, calcium hypochlorite, or bleach
- ☐ Bulk food: grains, beans, powdered milk, salt, sugar, Mylar + oxygen absorbers
- ☐ Household multivitamins
- ☐ Bulk pet food + flea/tick prevention: 3-month supply

Sanitation & Hygiene

- ☐ Bucket toilet system: 5-gal buckets, sealing lids, snap-on seat attachment
- ☐ Compost additives: bulk sawdust, cat litter, or agricultural lime
- ☐ Waste cover material: 5+ gal/person
- ☐ Disinfectant: unscented bleach, several gallons
- ☐ Feminine care: reusable cloth pads or menstrual cups

Medical Care

- ☐ Medical instruments: blood pressure cuff, stethoscope, otoscope, SAM splints
- ☐ Sterilization method: pressure cooker or alcohol burner
- ☐ Bulk medical supplies: boxes of nitrile gloves, masks, gauze, tape, sutures/staples

Energy & Heat

- ☐ Solar generator: portable power station, 1000Wh+, sized to actual device wattage
- ☐ Unvented propane heater with oxygen-depletion sensor
- ☐ Wood stove servicing: professional chimney sweep + damper check, if already installed
- ☐ Battery bank: deep-cycle AGM or lithium, for solar storage
- ☐ Fuel reserves: 20+ gal propane/kerosene, or 1+ cord seasoned firewood
- ☐ LED lanterns: 100+ hr runtime, extra bulbs
- ☐ Heavy-duty extension cords: 12-gauge
- ☐ Window insulation: plastic shrink kits or heavy blankets

Shelter & Structural Safety

- ☐ Reinforcement kits: door jamb bars and window security bars, test-fitted
- ☐ Boarding materials: pre-measured plywood + screws
- ☐ Safe room supplies: water, radio, first aid, stocked interior room

Security & Self-Defense

- ☐ GMRS radios: handheld, shared purchase with the Communication chapter
- ☐ Motion sensor lights: solar-powered, directional
- ☐ Surveillance cameras: battery or solar, local SD storage
- ☐ Barrier materials: sandbags, gravel
- ☐ Deterrent signage: “No Trespassing,” “Protected by Alarm”

Communication

- ☐ GMRS radios: handhelds (~\$30-60 each) + mobile/base unit (~\$100-250)
- ☐ Satellite messenger: e.g. Garmin inReach or Zoleo, ~\$300-450 + subscription
- ☐ HAM scanner: receive-only, no license needed to listen, ~\$30-150

- ☐ Repeater antenna: extends GMRS base station range, ~\$40-150
- ☐ Bulk AA/AAA batteries
- ☐ Printed frequency list: local GMRS repeater + HAM net frequencies

Access & Functional Needs

- ☐ Solar power station: sized to actual medical/adaptive device wattage
- ☐ Manual tools: hand-cranked devices for mixing food, pumping water
- ☐ Communication aids: phrase cards, picture boards, or a charged device
- ☐ Adaptive utensils: specialized eating/cutting tools
- ☐ Mobility aid parts: spare wheels, batteries, repair kits, matched to make/model
- ☐ Incontinence supplies: 3-month supply, sized to actual use
- ☐ Comfort items: extra pillows, blankets, seating aids

Mental Health

- ☐ Coping/resilience books: physical, non-digital
- ☐ Activity kits: card games, puzzles, board games
- ☐ Exercise equipment: resistance bands, jump ropes; shared with Fitness

Pet Evacuation & Shelter

- ☐ Pet thermometer: digital rectal
- ☐ Collapsible bowls
- ☐ Pet grooming kit: brushes, nail clippers, pet-safe shampoo
- ☐ Bulk pet food: 3-month supply, dry kibble, Mylar + oxygen absorbers
- ☐ Extended pet medications: 3-month supply of chronic meds
- ☐ Bulk sanitation: 3-month litter, poop bags, disinfectant
- ☐ Comfort/morale items: extra treats, toys, familiar scents
- ☐ Printed pet-friendly shelter list: 5+ locations within 50 miles

Digital Data & Documents

- ☐ Portable SSD: additional encrypted storage for rotating backups

- ☐ Labeled binders and folders: paper-based manual record-keeping system
- ☐ Thermal printer: optional; treat printouts as short-term only
- ☐ Silica gel packets: moisture/mold prevention, replace when saturated

Economic & Financial

- ☐ Bound ledger notebook: for tracking trades and expenses
- ☐ Scale: for weighing bulk trade goods
- ☐ Secondary secure storage: lockbox for trade goods, separate from the Tier 1 safe
- ☐ Barter inventory: alcohol, tobacco, coffee, sugar, salt, batteries, hygiene products, OTC meds
- ☐ Precious metals: optional; historical barter medium, not investment guidance

Fitness

- ☐ Resistance bands
- ☐ Weighted pack/rucksack: can be a normal pack loaded with water jugs or sandbags
- ☐ Jump rope
- ☐ Training log notebook
- ☐ Basic injury supplies: compression wraps, elevation-friendly setup

Transportation

- ☐ Basic mechanic tool kit: ideally matched to your specific vehicle
- ☐ Manual fuel transfer pump: never mouth-siphon
- ☐ Bicycle with cargo capacity: panniers or a small cargo trailer
- ☐ Bike repair kit: tire levers, patch kit, spare tube, compact pump
- ☐ Spare vehicle parts: belts, fuses, essential fluids
- ☐ Bicycle spare parts: tubes, chain links, brake pads