

A Practical Guide to Building Your Emergency Supply

Basics to Start With

These are the must-haves that form the foundation of any prepping plan.

Water

1 gallon per person per day (minimum 3-day supply)

Water filters or purification tablets

Collapsible water containers or barrels

Food

Shelf-stable canned goods (soups, beans, meats, vegetables)

Dry goods (rice, oats, pasta, flour, sugar)

High-calorie staples (peanut butter, powdered milk, protein bars)

Manual can opener

Cooking

Camp stove or rocket stove

Propane, butane, or fuel tabs

Cast iron pan or multi-purpose cookware

Fire-starting tools (lighters, matches, ferro rod)

First Aid & Health

Prepping isn't complete without the ability to treat injuries or illness.

Fully stocked first aid kit

OTC medications (pain relievers, allergy meds, anti-diarrhea)

Prescription meds (minimum 30-day backup if possible)

Personal hygiene items (soap, toothbrush, feminine products, etc.)

N95 masks and gloves

Thermometer, tweezers, scissors

Home Preparedness

Make your home safer and more self-reliant during any emergency.

Flashlights and headlamps (with extra batteries)

Lanterns or oil lamps

Battery-operated and/or hand-crank radio

Blankets and sleeping bags

Duct tape and plastic sheeting (for sheltering in place)

Fire extinguisher

Power & Communication

Stay informed and keep essentials powered during outages.

Portable battery bank (charged)

Solar charger or small solar generator

Extra charging cables

Ham or GMRS radio for emergency communication

Whistle or signal mirror

Tools & Gear

Multipurpose items that help with repairs, survival, and staying organized.

Multi-tool or Swiss Army knife

Work gloves and safety goggles

Basic toolkit (screwdrivers, hammer, pliers)

Rope or paracord

Tarp or emergency shelter

Buckets and heavy-duty trash bags

Storage & Organization

Keep your preps accessible and track what you have.

Labeled storage bins

Rotating food shelves or pantry system

Printed inventory checklist or use Provision Planner

<https://provisionplanner.com/?fpr=normalprepping>

Keep copies of important documents in a waterproof pouch

On-the-Go (Bug-Out Bag)

If you need to leave home quickly, this bag should keep you alive for 72 hours.

Backpack with chest/waist strap

Change of clothes and rain poncho

Compact food and water

Flashlight, knife, and small stove

First aid kit and hygiene items

Cash and important documents

Area map and compass

Homesteading & Long-Term Preps (Optional Add-Ons)

For those integrating prepping with gardening, canning, or off-grid life.

Garden seeds and soil amendments

Pressure canner and jars

Livestock feed and veterinary basics

Rainwater collection setup

Composting or waste management solutions

TIP: Start small and build over time. Prepping isn't about panic. It's about peace of mind.