



## Suggested List of items for Stocking

### Emergency Preparedness

Office of National Umoore Aama, USA

Categorized Items	Recommended Stock	at Home Portable Kit		
<b>Food (Essentials)</b>				
Rice	6 weeks	●	○	<input type="checkbox"/>
Wheat flour	6 weeks	●		<input type="checkbox"/>
Different types of grains including pulses e.g. (Chana Daal <input type="checkbox"/> Chickpeas <input type="checkbox"/> Lentils <input type="checkbox"/> Peas <input type="checkbox"/> Kidney Beans <input type="checkbox"/> Mung <input type="checkbox"/> )	6 weeks	●		<input type="checkbox"/>
Cooking necessities Cooking Oil <input type="checkbox"/> Salt <input type="checkbox"/> Peppers <input type="checkbox"/> Spices <input type="checkbox"/>	6 weeks	●	○	<input type="checkbox"/>
Canned/bottled items (Tomatoes, Garlic, Chickpeas, Peas, Pineapple, Peach, etc.)	6 weeks	●	○	<input type="checkbox"/>
Sugar	6 weeks	●	○	<input type="checkbox"/>
Cereals <input type="checkbox"/> Oatmeal <input type="checkbox"/> Pasta <input type="checkbox"/> Powdered Milk <input type="checkbox"/>	6 weeks	●		<input type="checkbox"/>
Energy Bars	6 weeks		●	<input type="checkbox"/>
Pickles: Olives <input type="checkbox"/> Cucumbers <input type="checkbox"/> Hot Banana Peppers <input type="checkbox"/> Mixed <input type="checkbox"/>	6 weeks	●	○	<input type="checkbox"/>
Water 2L drinking water per person per day (bottled water preferred for portability)	6 weeks	●	○	<input type="checkbox"/>
Dried fruits and Nuts like Dates, raisins, peanuts and almonds	optional	●	○	<input type="checkbox"/>
Canned Fish (Tuna / Sardines / Mackerel)	optional	●		<input type="checkbox"/>
<b>Food Preparation &amp; Supplies (Recommended)</b>				
Backup cooking Stove Kerosene Stove <input type="checkbox"/> + 90 L Kerosene <input type="checkbox"/> OR Propane Stove <input type="checkbox"/> + 180lb Propane <input type="checkbox"/> Fuel must NOT be stored indoors, store them in garage, sheds, etc. Propane can NOT be used indoors. Kerosene may be used for emergency indoor-cooking in a ventilated area in presence of a working carbon monoxide detector.	6 weeks	●		<input type="checkbox"/>
Portable Stove Kerosene Stove <input type="checkbox"/> + 10L Kerosene <input type="checkbox"/> OR Propane Stove <input type="checkbox"/> + 20lb Propane <input type="checkbox"/>			●	<input type="checkbox"/>
Disposables: Plates <input type="checkbox"/> Cups <input type="checkbox"/> Spoons <input type="checkbox"/> Knives <input type="checkbox"/> Forks <input type="checkbox"/> (shared by family)	6 weeks	●	○	<input type="checkbox"/>
Cooking Supplies: Pot <input type="checkbox"/> Pan <input type="checkbox"/> Cooking knife <input type="checkbox"/> Cooking & Serving Spoon <input type="checkbox"/> Utensils <input type="checkbox"/>			●	<input type="checkbox"/>
Seasoned Firewood (shouldn't be stored indoors)	optional	●		<input type="checkbox"/>
<b>Personal Care (Recommended)</b>				
Water for personal Hygiene 2L per person per day always stored in barrel/drum	6 weeks	●		<input type="checkbox"/>
Personal Hygiene: Soap <input type="checkbox"/> Shampoo <input type="checkbox"/> Toothpastes <input type="checkbox"/> Toothbrushes <input type="checkbox"/> Razors <input type="checkbox"/>	6 weeks	●	○	<input type="checkbox"/>
Toilet paper	6 weeks	●	○	<input type="checkbox"/>
Wet wipes	6 weeks	●	○	<input type="checkbox"/>
Laundry detergent	6 weeks	●	○	<input type="checkbox"/>
<b>Healthcare (Essentials)</b>				
First Aid Kit (A good quality prepackaged one preferred)			●	<input type="checkbox"/>
If not contained in Kit: Bandages (multiple) <input type="checkbox"/> Gauze pads <input type="checkbox"/> Medical tape <input type="checkbox"/> Dressing <input type="checkbox"/> Antibiotic ointment <input type="checkbox"/> Liquid bandage <input type="checkbox"/> Thermometer <input type="checkbox"/> Tweezers <input type="checkbox"/> Pill cutter <input type="checkbox"/> Calamine lotion/Antihistamine cream <input type="checkbox"/> Antifungal cream <input type="checkbox"/> Hydrogen peroxide <input type="checkbox"/>			●	<input type="checkbox"/>
Common Medication: Acetaminophen (Tylenol) <input type="checkbox"/> Ibuprofen (Advil) / Naproxen (Aleve) <input type="checkbox"/> Aspirin <input type="checkbox"/> Decongestants <input type="checkbox"/> Antihistamine (Allegra/Zyrtec/Claritin) <input type="checkbox"/> Tums/Roloids/Maalox <input type="checkbox"/> Laxatives (MiraLAX/Surfak/Senokot) <input type="checkbox"/> Antidiarrheal (Imodium/Pepto-Bismol) <input type="checkbox"/> Multivitamin <input type="checkbox"/>			●	<input type="checkbox"/>
Aluminium Free Deodorant (seals wounds)			●	<input type="checkbox"/>

● Required at home or should be in portable Kit  
○ Keep a small quantity in portable kit as well

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Categorized Items	Recommended Stock	at Home	Portable Kit
<b>Special Needs (Essential - if applicable)</b>			
Baby formula or special food	6 weeks	●	○ <input type="checkbox"/>
Extra pairs of prescription glasses			● <input type="checkbox"/>
Asthma Puffers <input type="checkbox"/> Diabetes Medicine & Glucometer <input type="checkbox"/>			● <input type="checkbox"/>
Prescription Drugs (Try to always keep a stock and keep them handy)	6 weeks	●	○ <input type="checkbox"/>
Baby Supplies: Diapers <input type="checkbox"/> Powder <input type="checkbox"/> Wipes <input type="checkbox"/>	6 weeks	●	○ <input type="checkbox"/>
<b>Tools &amp; Utilities (Recommended)</b>			
Portable & Collapsible Water Containers (5L-10L collapsible)			● <input type="checkbox"/>
Filtered water containers (Jug or bottles) with extra filters			● <input type="checkbox"/>
Household chlorine bleach and/or water purifying tablets	2 x 50 tablets		● <input type="checkbox"/>
Ignitor Fluid <input type="checkbox"/> Lighters <input type="checkbox"/> Kindles <input type="checkbox"/> strike anywhere matches (Sealed in plastic bag) <input type="checkbox"/>			● <input type="checkbox"/>
Crank (Hand power) LED Flashlight <input type="checkbox"/> LED Flashlight (battery powered) <input type="checkbox"/> Light sticks <input type="checkbox"/>			● <input type="checkbox"/>
Batteries: AAA <input type="checkbox"/> AA <input type="checkbox"/> D <input type="checkbox"/> Deep Cycle 12V Batteries <input type="checkbox"/>			● <input type="checkbox"/>
Candles	2 x 20 pack		● <input type="checkbox"/>
Extra phone chargers			● <input type="checkbox"/>
Gasoline filled in Jerry cans	50 - 100 Liters		● <input type="checkbox"/>
Bicycles in working condition: Bikes <input type="checkbox"/> Pump <input type="checkbox"/> Extra Tires & Tubes <input type="checkbox"/> Break wires <input type="checkbox"/> Tire Repair Kit <input type="checkbox"/>		●	<input type="checkbox"/>
Survival Knife 9"+ with protection			● <input type="checkbox"/>
Wood Axe with Sharpening stone <input type="checkbox"/> Hand Saw <input type="checkbox"/> Shovel <input type="checkbox"/>			● <input type="checkbox"/>
Compass <input type="checkbox"/> Whistle <input type="checkbox"/>			● <input type="checkbox"/>
Basic tools: Hammer <input type="checkbox"/> Screwdrivers <input type="checkbox"/> Pliers <input type="checkbox"/> Wrenches <input type="checkbox"/> Gloves <input type="checkbox"/> Scissors <input type="checkbox"/> Knives <input type="checkbox"/> Ropes <input type="checkbox"/> Nylon twine <input type="checkbox"/> Duct Tape <input type="checkbox"/> Ties <input type="checkbox"/>			● <input type="checkbox"/>
<b>Miscellaneous (Recommended)</b>			
Copies of Important Documents: Health cards <input type="checkbox"/> Passports/Citizenship <input type="checkbox"/> Birth certificates <input type="checkbox"/> Home Insurance <input type="checkbox"/> Car Insurance <input type="checkbox"/> Life Insurance <input type="checkbox"/> House Ownership <input type="checkbox"/> Car Ownership <input type="checkbox"/> Business Corporation/Ownership <input type="checkbox"/>			● <input type="checkbox"/>
Printed Maps, Survival guides, Precious books in Hard copy, Holy Qur'an			● <input type="checkbox"/>
Change of clothing and footwear for everyone in household			● <input type="checkbox"/>
Cash in small denominations			● <input type="checkbox"/>
Copy of Family Emergency Plan			● <input type="checkbox"/>
<b>Communications (Recommended)</b>			
Hand powered Radio, Shortwave Radio (can listen to BBC from UK - \$50)			● <input type="checkbox"/>
Walkie Talkies (Ham Radio)			● <input type="checkbox"/>
Basic manual phone with cord			● <input type="checkbox"/>
Aluminum Box to keep electronics protected (Phone, Laptop, GPS)			● <input type="checkbox"/>
<b>Weather Protection (Recommended)</b>			
Family Tent <input type="checkbox"/> Waterproof Tarps <input type="checkbox"/> Ropes <input type="checkbox"/>			● <input type="checkbox"/>
Sleeping Bags (rated -30° ~ -40°) <input type="checkbox"/> Thermal blankets <input type="checkbox"/>			● <input type="checkbox"/>

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