

Pendemic Pantry Checklist



Cooking and dining

- Aluminum foil
- Zip lock bags
- Plastic Wrap
- Coolers
- Trash bags
- Camp stove / smoker / Dutch oven
- Charcoal/Pellets/Propane
- Lighter/Matches
- Dish Soap
- Fire extinguisher

Non Perishable Food

- Freeze dried meat and vegetables
- Oatmeal
- Cereal
- Soup
- Canned tuna/Salmon
- Canned fruit
- Coffee and tea
- Peanut butter
- Rice
- Macaroni and cheese
- Pasta
- Pasta Sauce
- Powdered Milk
- Flour
- Yeast
- Baking Powder/Soda
- Pancake mix
- Cooking oil
- Salt, pepper, herbs, spices
- Water and water purifier

Clothing and laundry

- Club soda to rinse out stains
- Laundry soap
- Bounce Sheets

First aid & hygiene

- Medication, prescriptions
- Medical Gloves
- Bandages, tape, gauze, elastic wraps
- Aspirin, ibuprofen, acetaminophen, Benadryl (kids, adult)
- Antibiotic wipes, hydrogen peroxide, cotton balls
- Hand Sanitizer
- Antiseptic cream
- Sunscreen, sunburn lotion or ointment
- Scissors, tweezers, nail clippers, razor
- feminine hygiene products
- Bug spray
- Eye wash
- Toilet paper
- Bar of soap
- Shampoo, conditioner

Perishable Food

- Frozen meat
- Eggs
- Butter
- Maple syrup
- Frozen Juice and milk
- Cheese
- Fruit and vegetables
- Bread
- Frozen fruits and vegetables
- Snack Foods

Supplies

- Batteries
- Games/Cards
- Flashlights/Candles
- Tools/Electronics with charged batteries
- Solar Charging