

PANDEMIC FLU - FAMILY SUPPLY LIST

Here is a list of things you should be storing up **NOW**; these items should be bought in quantities that will last for at least 3-6 months, or ideally, up to one year. Think of this list as an insurance policy for family's future. Most of these items are things you can use anyway. With food items, look for food with long shelf life. Essential items should be purchased first, such as food, water, and medications. As you acquire a supply of foods, buy a little more each week to make it more affordable. Be sure to date all food items. Once you have acquired an amount you feel comfortable with for your family (3, 6, 12 months worth), then rotate your food supply using oldest dates first and replace these items weekly. That way you will always have your reserve items on hand and ready.

Equipment:

1. Generator.
2. Water Filters/Purifiers – I recommend the MSR Miox, you can find it at most high end sporting goods stores, \$129.00 – buy an extra box of rock salt at the grocery store for this. Katadyn also has some good filtering systems. Standard water filters that attach to the sink faucet do not filter out pathogens, such as protozoa, bacteria, and viruses.
3. Coleman stove with fuel, or propane for your gas grill.
4. Fire extinguishers (ABC rated for all fire types), or a large box of baking soda in each room.
5. Crank radio, you can find a good model at Radio shack or other electronics stores, some models also have adapters to charge your cell phone in case of no electricity. Also make sure your radio has SW International Bands (short wave). Some radios come with solar and crank power sources.
6. Flash lights – several good ones – also a crank flash light, remember spare bulbs.
7. Batteries – every size, especially AA size. You can never have too many!!
8. Matches....matches....matches....again, can never have too many!
9. Portable toilet – this can be the type you get from RV centers, or simply a five gallon bucket with small trash can liners.
10. Candles – unscented, or oil lamps with enough wicks and oil (clear lamp oil). The small, unscented tea candles are cheap in quantity and burn for about 45 minutes a piece.
11. Keep your cars full of gas at all times, also think about getting a siphon pump to be able to get the gas out if you need it. Cars are a great, safe storage place for extra gas.
12. A regular phone with a cord on the handset (not portable/cordless). These will work when there is no electricity but we still have phone lines working. Also remember that when cell phone lines are busy or down, text messaging still may work.
13. Several large buckets (at least 10 gallon) to be used to catch rain water and also to wash clothes. Think about a commercial size bucket with manual wringer to wash clothes.
14. Water purification tablets – can be found at most sporting/camping stores.
15. Clothes line rope and clothes pins.
16. Several sizes of plastic funnels can be used in cooking, but also for filtering out ground water before purification (put coffee filters in the funnels)
17. Two manual can openers.

PANDEMIC FLU - FAMILY SUPPLY LIST

18. Hand saw and hatchet, several shovels and leather work gloves for each family member.
19. Duct tape – several rolls.
20. Plastic sheeting rolls.
21. Metal Barrel to burn trash.
22. Firewood, charcoal.
23. A small wood or charcoal grill.
24. Several large 55 gallon plastic water barrels with lids. Must be food grade approved to store drinking water.
25. A box of large rubber bands.
26. A camping solar shower (this is a plastic bag that hangs from a tree with shower nozzle). If you hang outside, sun will heat water.
27. Think about walkie talkies for communication with family members or neighbors.
28. Maps, for possible evacuation routes, and a compass.
29. Water and gas shut off tools.
30. An inverter to run off your car battery.
31. A food saver vacuum, for longer shelf life for foods.
32. For people who live in cold climates: extra blankets, thermal underwear, and sleeping bags (rated 0-20 degrees).
33. Items for self protection.

*Word of caution: if you decide to buy a generator, you must seriously give a lot of consideration to where you could **safely** store that much fuel, and with fuel prices today, do you have the funds to buy six months worth of fuel? I am personally not getting a generator, because of safety and costs.*

Medical Supplies:

1. Prescription medications – try to store 6–12 months worth – call your physician and explain why you need extra medications on hand.
2. Vitamins – very important! Enough multi vitamins for 1 year per person and also vitamin C – enough for 1 year.
3. Band aids, wound closure strips, gauze & tape, ace wraps, Betadine or Hibiclens to wash injuries, antibiotic ointment, Imodium, Tylenol, Ibuprofen, contact lens solution....you get the picture...everything you would need.
4. Bottles of alcohol and peroxide.
5. Band-Aids – all sizes, 4x4 gauze, etc.
6. The next several items are **MOST IMPORTANT** – Masks – NIOSH **N-95** Respirator Masks, Regular size for adults and small for children. These can be found only at Medical wholesale distributors. Call Kimberly Clark or 3M for a distributor near you, they both have 800 numbers. You need at least one case per person (not box – CASE), and you need to get these NOW! These are expensive but absolutely worth it! If you have to leave your home during the pandemic, wear your masks following the manufacturer's instructions. Most masks are good for about several hours of continuous wear or shorter if they become moist. Be sure they fit snugly to the face.

PANDEMIC FLU - FAMILY SUPPLY LIST

7. Latex disposable gloves (if you are allergic to latex, get vinyl), also found at medical wholesale distributors, these are about \$5.00/box of 100. Get a **LOT** of boxes. They come in S/M/L – most adult women wear M and men L. Also Safety goggles to protect eyes from droplet infection, coughing & sneezing. These can be found through medical supply companies, and hardware stores carry a nice type with side visors also.
8. **Alcohol** based hand sanitizers....one of the best on the market is Germ X, found in most stores, buy at least a case and carry one with you at all times if you have to go out (along with your mask, gloves & goggles).
9. Go **NOW** to your doctor and get several vaccines – Hepatitis A (2 doses 6 months apart), and the Pneumovax vaccine. Also make sure you are up to date with your Tetnus shot (every 10 years....most adults are not!). And get your Flu vaccine... this will not protect you against the H5N1 Avian Flu, but most people could not physically survive both flu types in one year. Before getting any vaccines, be **sure** to talk to your physician.
10. Buy a detailed first aid book for non medical personnel.
11. Take an adult and child CPR class now. Especially important if you have small children. Choking recovery is also taught in CPR classes.
12. Be sure you are aware of all family members' food and medication allergies and other health histories.

Grocery Items:

1. Clorox Bleach (regular with no additives), many uses.
2. Dishwashing detergent, Brillo pads, sponges, clothing detergent.
3. Hand/bath soap.
4. Paper towels, tissues, and enough toilet paper for a YEAR! (think about buying commercial rolls).
5. Garbage bags – all sizes, aluminum foil (heavy duty), and Ziploc bags, all sizes.
6. Baby wipes, many uses where water is in short supply, including bathing.
7. Disposable plates and silverware, hot & cold cups.
8. Scissors & knives.
9. Hand beater, non electric, hand whisks.
10. Charcoal and lighter fluid.
11. Hygiene items...shampoo, toothpaste, shaving items, feminine sanitary products, dental floss, nail clippers...etc.
12. Baby supplies, diapers, formula, baby food, etc.
13. Large plastic containers that seal well, to store things like flour, sugar...etc.
14. Rubber gloves that can be cleaned with bleach and reused.
15. Water containers...very important, must be food grade approved.
16. Pet supplies...if you have a cat that goes in and out you may want to consider getting rid of it as they catch & eat birds all the time...at least mine does! These are hard choices. Cats have been catching Avian Flu. I would also walk your dogs on a leash in order to supervise them also.
17. Coffee filters... these are great to filter out water before you purify it.
18. Vegetable seeds, all varieties, if you have somewhere to have a small garden.

PANDEMIC FLU - FAMILY SUPPLY LIST

19. A “Dutch Oven” – iron skillet (large) top should have vertical rim to hold coals, and base should have legs. These can be used to cook/bake food in the ground, covered in coals & buried, or cooked in a fire box.
20. Cook books for baking bread, bean recipes, cooking without electricity, etc. Some can be found on the food links at the end of this list.
21. A grinder hand mill (non-electric) for grinding grains/beans etc.

Food Supplies: If this hits, we are all on the NEW PANDEMIC DIET...whether we like it or not! Look for foods with long shelf life, buy in bulk, and remember to buy a variety of foods, as this is important to your diet.

* If... after reading this list so far you are already feeling completely overwhelmed, and feel all this is beyond your means (both financially and emotionally)... take a deep breath and start slowly. First, set a goal of 4 weeks worth of food and water, and start with only the essentials – WATER & FOOD. Start filling empty food grade plastic containers with water (free!), next, just start out buying bags of dried pinto beans and bags of rice, these two items together make a complete protein. With water, beans, rice, and vitamin supplements for your family, you could live on this alone for quite some time. Example: A 25 pound bag of pinto beans at Sam’s currently costs about \$9.73, and a 25 pound bag of rice costs about \$5.64, this is possible for everybody! Then you can slowly add in items like flashlights, batteries, a crank radio, other food items, toilet paper, etc.

THE POINT IS TO GET STARTED...NOW.

1. **WATER**, this is the most crucial item to have on hand. We need to be prepared, and assume we will not always have electricity, therefore we need to have water stored (this can never be enough) or, another water source. If you live in the country and have a well, consider putting in a manual hand pump (works in conjunction with or without electricity). This is also why water filters/purifiers are so important...these will go fast off the shelves. Any water source can be purified...ponds, lakes, streams, swimming pools, etc....you get the picture.
2. Basics....like flour, baking powder, baking soda, sugar, **iodized** salt (unless you are allergic to iodine!), pepper and other seasonings.
3. Canned food...all types...concentrate on canned meats, spam, tuna, salmon, chicken, vegetables, fruits (be sure to always drink the liquids in the cans also!), sardines, mackerel, canned beans..etc. **Date** your cans and rotate food supplies, eating oldest first, buy things you would eat anywayjust lots more of it (remember one year!) and just keep rotating your supplies.
4. Dried pinto beans – large bags, large bags of rice, these store well and are great protein foods...as long as you have a good source of water in order to cook them, get lots of beans & rice...very cheap and you can live practically on this alone!
5. Powdered milk and other powdered drinks like Gatorade (takes up less space).
6. Dried fruit.
7. Dried soups.
8. Coffee/tea (manual drip cone for coffee).
9. Candy...chocolate & hard candy.

PANDEMIC FLU - FAMILY SUPPLY LIST

10. Yeast...can also be used in your septic system.
11. Granola bars (not great shelf life).
12. Corn starch.
13. Vegetable oil.
14. Honey...lots of honey! Better for you than sugar, and has a great shelf life.
15. Peanut butter... lots of it ...stores well & great for protein.
16. Jelly & jams.
17. Dried cereal, crackers.
18. Nuts ... all types...also good protein food and stores well in sealed cans.
19. Beef jerky.
20. Condiments in small packages...start saving all those from fast food places that you usually throw away.
21. Nutritional canned drinks like Ensure (expensive, but healthy).
22. Ramen noodles.
23. Trail mix.
24. Large quantities of grains & legumes. Excellent planning guide on www.providentliving.org, under their food preparedness/storage site.
25. Baby food.
26. Pet food.

To find out more about food storage and bulk foods, Google key words like food storage, bulk foods, grains, beans, etc.

Luxury Items:

1. Cards, books, board games for adults & children, iPods, battery operated DVD player with some DVDs for entertainment. We all get bored very quickly!
2. Cash on hand at home (this is definitely a luxury item for most of us), but more than likely banks at some point will be closed & ATM's will not be stocked or working.

If we find ourselves sheltering in our homes for a long period of time, start an exercise program with your family. Exercise relieves stress, tension, is great for your immune system, and keeps you healthy.

Finally...No matter where you live...but especially in the larger cities, if things become really bad, you may have to leave quickly. Have a couple of duffle bags pre-packed with essential items (especially water). Also make sure you have your family's important documents with these bags...Identification, medical records, medications...etc.

Please feel free to email me with **any** questions.
Email: panflusupplylist@yahoo.com

You need to have a plan NOW to protect your family and loved ones!

PANDEMIC FLU - FAMILY SUPPLY LIST

Links for more info on Avian Flu:

www.cdc.gov/

Centers for Disease Control

www.who.int/en/

World Health Organization

www.pandemicflu.gov/

U.S. Government

www.cidrap.umn.edu/ (excellent site for up to date info)

Center for Infectious Disease Research & Policy

www.hhs.gov/

U.S Department of Health & Human Services

<http://newcanaanready.org/home.htm>

New Canaan Conn. County wide plan – very good info. !

www.fluwikie.com

Public run site with lots of general information/planning info and
Discussion forum

Links for food options:

www.waltonfeed.com

Walton Feed

www.honeyvillegrain.com

Honeyville Grain, Inc.

www.beprepared.com

Emergency Essentials

www.providentliving.org

Church of Latter Day Saints (the Mormons have great info on food
Storage/preparation and quantities needed for a years worth of
Food per person)