

## Last Minute Preparations

This list is based upon what you should attempt to accomplish in the VERY unfortunate “last-minute” trips – when everyone else will be “panic shopping” beside you after WHO declares a pandemic is in progress. Please sit down for 5 minutes and make a plan of action. You will not be able to get everything you need for a 3-month quarantine in one shopping trip. Focus your energy on grabbing foods that provide the most nutrition. Pull the children out of school immediately and start the family plan into action. Cell phones may come in handy - communication would be handy as you pick everything up around the stores and around town.

If you own multiple cars, have a family member drive each car (single-file, caravan style) to the same store. Each of you takes a cart and a portion of this list. Meet back at the checkout and load all of the cars. If the store has run out of an item you need, move on. It will not be the end of the world. Do not waste time in this situation. Go to another store until you get it.

You will need cash! Some stores may no longer accept credit or debit in this situation. In others, the lines may be down. Don't risk your survival because you do not have adequate cash on hand. And be prepared to spend considerably more than you would at any other grocery store run. If the electricity is down, the ATM's will be down, and ATM's are manually filled with money by workers.

From home: call to renew your prescriptions for pick-up. Call doctor to arrange for more.

## Last Minute Supplies

Supplies To Buy From Local Stores		
N95 masks	Disposable gloves (latex or vinyl)	Tylenol / acetaminophen, 3 bottles
Aspirin/ ibuprofen, 3 bottles	Band-Aids	Prescription refills
Fill up on tank of gas	Extra gas in portable containers	Soap, shampoo and conditioner
Toothpaste, mouthwash, dental floss	Water purification tablets	Vitamin C and multivitamins
Omega-3, antioxidants	Meds for diarrhea	Candles and/or tea lights
Battery-operated radio	Tools; rope; tape	8 packages of 12-rolls toilet paper
5 boxes Kleenex	2 boxes matches; 10 lighters	Batteries (at least 10 packs)
Tampons if needed	Bag onions	Bag / boxes of mixed nuts
As many bags rice you can afford	Box sugar (biggest you can find)	Boxes macaroni and cheese
20 cans beans, Bags dried beans	Chocolate	Coffee, teas
10 cans vegetables	20 cans tuna/chicken/fish	20 bags pasta
3 jars jam, 5 jars peanut butter	10 jars pasta sauce	30–60 jugs water
Frozen meat	5 large bottles vegetable oil	2 big bags potatoes
Bleach	Disinfectant hand sanitizer	Liquid dish detergent
Big jug white vinegar	Energy bars; protein drinks	Paper plates, plastic utensils
Paper towels	20 cans tomato paste	Spices you use
Bags of oatmeal	Fresh fruit and veggies	Box salt (biggest you can find)
Soups that don't need water	Flashlights (3)	Bottles Gatorade
Garbage bags	Propane cooking stove	Propane fuel, fire starters
Q-tips, rubbing alcohol	Ready-made first-aid kit	Shaving cream and razors
Laundry soap	Extra manual can-opener	Extra scissors
3 loaves bread	Boxes powdered milk	10 bars/tubs butter
10 bricks cheese	Boxes crackers	Bag cookies