# Must-Have Quick Lists:

(not in any certain order)

## Snacks:

- ☐ Protein bars
- ☐ Granola bars
- ☐ Fruit bars
- ☐ Peanut butter
- ☐ Jelly
- ☐ Coffee
- ☐ Tea
- ☐ Hot chocolate
- ☐ Nuts and dried fruits
- ☐ Beef jerky
- ☐ Trail mix
- ☐ Applesauce
- ☐ Cookies
- ☐ Candy bars
- ☐ Chocolate
- ☐ Crackers
- ☐ Cereal
- ☐ Cream of Wheat
- ☐ Hard Candies
- ☐ _____
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## Meals:

- ☐ Rice
- ☐ Dried beans, lentils, or peas
- ☐ Canned soups, fruit, and vegetables
- ☐ Powdered drink mixes
- ☐ Pasta
- ☐ Spaghetti sauce
- ☐ Flour
- ☐ Baking soda
- ☐ Salt
- ☐ Sugar
- ☐ Yeast
- ☐ Instant soup mixes
- ☐ Pickled vegetables
- ☐ Dried milk
- ☐ Evaporated or condensed milk
- ☐ Olive oil
- ☐ Vegetable oil
- ☐ Coconut oil
- ☐ Oats
- ☐ Pancake mix
- ☐ Chicken, beef & vegetable bouillon cubes
- ☐ Canned or Bagged Meats like Chicken, Tuna, Pork, Sausage, or Spam
  (Sardines or Oysters if you're into those nasty things!)
- ☐ Liquid seasonings
  (including soy sauce, vinegar, and Sriracha)
- ☐ Liquid sweeteners
  (including honey, maple syrup, chocolate syrup, or agave syrup)
- ☐ Spices (onion flakes, cinnamon, and ginger)
- ☐ Macaroni and cheese
- ☐ Instant potatoes
- ☐ Formula or Baby food (if you have infants)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

## Society Breaks Down - Trade List:

- ☐ Alcohol
- ☐ Condoms
- ☐ Pregnancy tests
- ☐ Chewing tobacco
- ☐ Cigarettes
- ☐ Cash (1's and 5's)
- ☐ Axes and hatchets
- ☐ Crowbars
- ☐ Hammers
- ☐ Nail guns
- ☐ Nails
- ☐ Nuts and bolts
- ☐ Power tools
- ☐ Saws
- ☐ Screwdrivers
- ☐ Wrenches
- ☐ Shovels
  (preferably collapsible ones)
- ☐ Firearms Ammo
  (.22 LR, 9mm, .40, .45, .223 and 12 ga. shotgun shells) and you don't even have to own a firearm for these to be valuable trade items.

Notes: _____

## Other Important Items:

- ☐ Band-Aids and other bandages
- ☐ First Aid Kit
- ☐ Wound antiseptic
- ☐ Bleach
- ☐ Diapers
- ☐ Toilet paper
- ☐ Moist towelettes
- ☐ Medications (cough, fever, sleep, headache, etc.)
- ☐ Multi-Vitamins
- ☐ Candles
- ☐ Batteries
- ☐ Bleach or other disinfectant
- ☐ Laundry detergent
- ☐ Toothbrush and toothpaste
- ☐ Feminine care products
- ☐ Paper towels
- ☐ Toilet paper
- ☐ Duct tape
- ☐ Water purification tablets (or a portable water filter)
- ☐ Dish soap
- ☐ Bars of soap
- ☐ Can opener
- ☐ Scissors
- ☐ Matches
- ☐ Antiseptic wipes
- ☐ Propane tanks if you have a grill
- ☐ Plastic bins (including good quality sealable bins)
- ☐ Sharpies
- ☐ Smaller Notepads
- ☐ Flashlights
- ☐ Batteries
- ☐ Seeds (Heirloom preferably)
- ☐ Lighters & Lighter fuel
- ☐ Cleaning rags
  (old clothing works, so don't throw it away, STORE it away!)
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