

Adversity Supplies

Basic List

- canned meats (tuna, salmon, sardines, ham, spam, chili)
- canned vegetables (corn, green beans, mixed) salsa
- canned milk canned soups favorite snacks chips
- powdered milk peanut butter jellies, jams honey
- cases of bottled water juices sodas coffee tea
- lentils peas beans (pinto, black, red, kidney, lima)
- rice flour pancake mix cornmeal crackers
- eggs cooking oil sugar salt pepper spices
- pasta pasta sauce cereals rolled oats, barley, rye
- nuts (mixed nuts or peanuts) in cans or jars dried fruits
- extra pet food toilet paper paper towels napkins
- clothes/dish detergent facemasks big water containers
- gasoline generator propane barbecue extra propane
- flashlights, batteries candles matches/lighters
- medicines and medications cough syrup vitamins
- toothpaste toothbrushes dental floss bars of soap
- plastic Ziploc bags trash bags extra cash, gold, silver

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