

# Adversity Supplies

## Basic Check 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

Long-term supplies of dehydrated food, which will last for many years, can be ordered at these sites:

<https://www.readywise.com>  
<https://www.mypatriotssupply.com>  
<https://www.thereadystore.com/food-storage>  
<https://www.soylent.com>

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