

PREPPY PREPPER

7-Day Emergency Preparedness Plan, Shopping List, and Car Kit

In the hustle and bustle of daily life, it's easy to overlook the myriad of products we rely on for our routines. While writing a blog about emergency preparedness, I tracked everything I used in my daily routine to ensure it was on my prep list. The first thing I need every day? Toilet paper! Followed by toothpaste, toothbrush, hairbrush, water, hand soap, the coffee pot, dog food, dog meds and water, protein drink, coffee, collagen, and my meds. Just look at the list of items used in the first 15 minutes since my feet hit the floor, and I've had my first sip of coffee.

From the moment we wake up to when we lay our heads to rest, we depend on many products that we often don't notice until we're out.

I created a tracker to document every product I touch and use daily. If there was an emergency, do I have enough of what I use daily to sustain me for 7-30 or 90 days? It was an enlightening exercise that had me rethink how I prepared for an emergency. How many times a day do you open your fridge or turn on a light?

Imagine starting your day with a blank canvas; you must write down every product you use or touch, from the mundane to the indispensable. As you meticulously track each item throughout the day, you'll uncover insights into your unique requirements and preferences.

This journal becomes a window into your lifestyle and routines, from the toothbrush and coffee pot to the unsung heroes supporting your daily endeavors.

However, the benefits of a daily tracker extend far beyond observation. You'll discover the products and appliances you need to prepare as you track the products you use daily. By identifying the products you rely on most heavily, you can ensure sufficient quantities to weather any storm—literally and figuratively.

Whether stocking up on emergency supplies or simply streamlining your daily routine, this tracker empowers you to take control of your life with confidence and assurance.

So, join us on this journey of discovery and empowerment. Embrace the power of the daily tracker and unlock the products of your everyday life. From the mundane to the extraordinary, every item tells a story—and with your tracker by your side, you'll be ready to face whatever challenges come your way.

POWER AND LIGHTING

- **Solar Generator:** A reliable power source to keep essential devices charged and lights on during emergencies.
- **LED Lanterns and Flashlights:** Light your surroundings and provide security during power outages.
- **Extra Batteries:** Ensure you have a sufficient supply of batteries for all your devices.

WATER AND FILTRATION

- **Water Supply:** Plan for at least 1 gallon of water per person and pet daily, with a minimum of 14 gallons per week. (If possible, stock extra for that elderly neighbor who can't move heavy water bottles).
- **Portable Water Filter:** Ensure access to clean drinking water by including a portable water filter in your kit.
- **Drinking Water Bottles and Collapsible Containers:** Stay hydrated on the go with reusable or disposable water bottles, and have collapsible containers for emergency storage.
- **Water Storage Containers:** Have additional containers to store extra water for longer durations.

COMMUNICATION AND INFORMATION

- **Battery-Powered or Hand-Crank Radio:** Stay informed with updates from emergency services and local authorities.
- **Charged Power Banks:** Keep your mobile devices assessed for communication and information access.
- **Local Maps:** Have a physical map of your area for navigation and planning.

FOOD

- **Non-Perishable Foods:** Stock up on canned goods, dried fruits, and energy bars to sustain you for the week.
- Coffee, tea, drink mixes, soft drinks
- **Manual Can Opener:** Ensure you can access your canned goods without electricity.
- **Portable Stove and Fuel:** If needed, prepare hot meals with a portable stove and fuel. A small propane cooking solution is crucial if you live in an all-electric home.
- **Utensils and Cookware:** Have the necessary utensils and cookware for meal preparation.
- **Cooking Fuel:** Ensure you have enough fuel for your portable stove.

SANITATION AND HYGIENE

- **Hand Sanitizer and Wet Wipes:** Maintain hygiene standards even in emergencies.
- **Toilet Paper and Toiletries:** Use essential toiletries to keep yourself clean and comfortable.
- **Feminine Hygiene Products:** Ensure you have an adequate supply of feminine hygiene products, if applicable.
- **Garbage Bags:** Use heavy-duty garbage bags for waste disposal and waterproofing.
- **Chlorine bleach** for sanitation

FIRST AID KIT

- **Comprehensive First Aid Kit:** Be prepared to handle minor injuries and medical emergencies.
- **Prescription Medications:** Ensure you have a 7-day supply of your prescription medications.
- **Over-the-Counter Medications:** Include pain relief, allergy medication, and basic first aid supplies.
- **Bandages and wound care kits**
- **Eyeglass repair kit**
- **Dental emergency kit**

COMFORT AND LEISURE

- **Entertainment:** Books, playing cards, games, and craft projects to keep yourself occupied and maintain a sense of normalcy. My Mahjong set will be at the ready.
- **Comfort Items:** Stay warm and cozy with blankets and comfortable clothing.
- **Add indulgences** like your favorite wine, chocolate, cookies, teas, and books.
- **Use your daylight hours and declutter your house.** There is no time like the present when distractions are limited!



PREPPY PREPPER

Shopping List

Power and Lighting

- Solar Generator (1)
- LED Lanterns (2)
- LED Flashlights (2)
- Batteries (enough for all devices)

Water and Filtration

- Water Supply (1 gallon per person and pet per day, minimum 7 gallons)
- Portable Water Filter (1)
- Drinking Water Bottles (7 gallons)
- Collapsible Water Container (1)
- Water Storage Containers (for additional water)

Food and Cooking

- Non-perishable foods (canned goods, dried fruits, energy bars, etc.) - Quantity for seven days

Canned Goods

- Soup (14 cans)
- Beans (black beans, kidney beans, chickpeas, chili beans) (7 cans)
- Vegetables (corn, green beans, peas, carrots) (14 cans)
- Tuna or canned chicken (7 cans)
- Fruits (peaches, pears, pineapple) (7 cans)
- Tomato sauce or diced tomatoes (7 cans)
- Rotel, spaghetti sauce, chili (7 cans)

Dried Foods

- Rice or quinoa (7 lbs)
- Pasta (7 lbs)
- Lentils or split peas (7 lbs)
- Dried fruits (raisins, apricots, cranberries) (1 lb)

Dried Foods (cont...)

- Nuts and seeds (almonds, walnuts, sunflower seeds) (1 lb)
- Oats or granola (7 lbs)
- Energy Bars and Snacks
- Protein bars (7 packs)
- Granola bars (7 packs)
- Trail mix or mixed nuts (7 packs)
- Crackers (7 packs)
- Peanut butter or almond butter (1 jar)
- Popcorn kernels (1 lb)
- Chips
- Candy

Pre-Made Meals

- Ready-to-eat meals (chili, stew, pasta) (7 servings)
- Instant noodles or ramen (7 packs)
- Canned chili or stew (7 cans)
- Shelf-stable milk or milk alternatives (7 cartons)
- Other Essentials:**
- Cooking oil or spray (1 bottle)
- Salt, pepper, and other spices (1 set)
- Coffee or tea (enough for seven days)

Pre-Made Meals (cont...)

- Sweeteners (sugar, honey, syrup) (enough for seven days)
- Condiments (ketchup, mustard, mayonnaise) (1 bottle each)
- Sweeteners (sugar, honey, syrup) (enough for seven days)

Remember to prioritize using perishable items, such as frozen foods, before returning to your emergency supply. Consider dietary restrictions and preferences when selecting items for your emergency food supply.

Cooking Supplies

- Manual Can Opener (1)
- Portable Stove (if needed)
- Fuel for Portable Stove (if required)
- Utensils (fork, knife, spoon, plate, bowl) – This is the time for paper
- Cookware (pot, pan, cooking utensils)
- Cooking Fuel (if needed)
- Matches
- Lighters

Sanitation and Hygiene

- Hand Sanitizer (1)
- Wet Wipes (1 pack)
- Toilet Paper (enough for seven days)
- Paper Towels
- Tissue
- Toiletries (toothpaste, toothbrush, soap, shampoo)
- Feminine Hygiene Products (if applicable)
- Garbage Bags (good quality and enough for waste disposal and waterproofing)
- Chlorine bleach
- Dishwashing liquid

Communication and Information

- Battery-Powered or Hand-Crank Radio (1)
- Charged Power Banks (for mobile devices)
- Local Maps (1)

First Aid Kit

- Comprehensive First Aid Kit (with medical supplies)
- Prescription Medications (7 days' supply)
- Over-the-counter medications (pain relief, allergies, basic ailments)
- Bandages

Comfort and Leisure

- Entertainment (books, cards, games)
- Comfort Items (blankets, clothing for warmth)
- Favorite Wine (1 bottle)
- Chocolate (enough for seven days)
- Books (enough for seven days)

This shopping list provides specific quantities for each item, ensuring a single woman is fully prepared with enough food and supplies to sustain her for a 7-day emergency. Adjust amounts based on personal preferences and dietary needs.

Frozen and Refrigerated Food

Without power, the longevity of food items in a refrigerator or freezer will be significantly reduced. Here's a general guideline for how long food items can last in a refrigerator or freezer without power:

Refrigerator

- Without power: 4-6 hours (if the door remains closed)
- After this time, perishable items such as dairy, meats, and leftovers may spoil and become unsafe to consume.

Freezer

- Without power: 24-48 hours (if the door remains closed and the freezer is full)
- A freezer full of food will maintain its temperature longer than a partially filled freezer. However, after 24 hours, items may start to thaw and become unsafe to refreeze.

To maximize food preservation during a power outage, it's essential to keep the refrigerator and freezer doors closed as much as possible to retain cold temperatures. You can also consider using alternative cooling methods, such as dry ice or coolers with ice packs, to help prolong the freshness of perishable items. Additionally, having a backup power source such as a generator can provide temporary relief during extended power outages. Always prioritize safety and discard any food items you suspect may have spoiled or become unsafe to consume.



Car *EMERGENCY KIT*



1 *Emergency Kit*

- First aid kit
- Multi-tool or Swiss army knife
- Duct tape
- Whistle
- Emergency blanket
- Hand-crank flashlight or flashlight with extra batteries
- Waterproof matches or lighter
- Portable water filters or purification tablets
- Cash (small denominations)

2 *Food and Water*

- Non-perishable snacks (granola bars, nuts, dried fruits)
- Bottled water (at least 1 gallon per person)
- Water purification method (portable filter, purification tablets)

3 *Clothing and Shelter*

- Extra clothing (including warm layers and rain gear)
- Sturdy shoes or boots
- Gloves
- Hat or beanie
- Poncho or tarp for shelter

4

Communication and Navigation

- Fully charged cell phone and portable charger
- Road map or GPS device
- Emergency contact information
- Whistle or signaling device

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Emergency Kit

- Jumper cables
- Spare tire and tire-changing kit
- Tire pressure gauge
- Basic tool kit (screwdrivers, wrenches, pliers)
- Fire extinguisher
- Tow rope or chain
- Reflective vests or triangles for roadside safety

6

Personal Hygiene and Comfort

- Hand sanitizer
- Tissues or paper towels
- Wet wipes
- Feminine hygiene products (if applicable)
- Prescription medications (7-day supply)
- Extra glasses or contact lenses

7

Miscellaneous

- Emergency car escape tool (seatbelt cutter and window breaker)
- Personal documents (insurance papers, identification, essential contacts)
- Notepad and pen
- Notepad and pen
- Hand sanitizer
- Pet supplies (if traveling with pets)

Remember to periodically check and replenish your car emergency kit supplies to ensure everything remains up-to-date and in working condition. Additionally, consider the climate and terrain of your area when customizing your emergency kit to meet your specific needs.

EVERYDAY ESSENTIALS TRACKER

WEEK OF _____

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DAYTIME ESSENTIALS	M	T	W	T	F	S	S
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NOTES

MORNING ROUTINE

DAILY ESSENTIALS

EVENING ROUTINE

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