


# 12 Essential Items for an Emergency Stockpile

Compiled by [Jessica Smartt](#)

Source: [Stacy Makes Cents](#)

<b>ESSENTIAL ITEM</b>	
Bottled water/water <a href="#">purifying tablets</a> / water filtration system (one gallon water, per person, per day)	
Camping stove and appropriate fuel source	
Manual can opener	
Protein sources – dry/canned beans, canned tuna or chicken, nut butters, shelf-stable boxed or dried milk	
Carbohydrate sources – white rice, pasta, oats, couscous, whole-wheat crackers	
Condiments: honey, salt, spices, cooking oils	
Canned/dried fruit and vegetables	
Light source: <a href="#">lantern</a> (including fuel), headlamps, flashlights and batteries	
Warm clothing: Under Armor or long underwear, wool socks, fleece pants, heavy-duty gloves	
Medical supplies: <a href="#">first aid kit</a> , first aid book, doctor's contact info, multivitamins, old/extra pair of glasses for those use them, prescription medicines	
Cleaning supplies: <a href="#">white vinegar</a> , soft soap, hand sanitizer, alcohol, <a href="#">peroxide</a>	
Toilet paper	