

## Supplies you can buy at the Dollar Store / on a Budget

1. Canned food, snacks, condiments, salt, spices, baking soda-cleaning, brushing teeth
2. Water
3. Kitchen items-paper plates, can openers, foil
4. Lighting-matches, lighters, candles, flash lights, glow stick
5. Cleaning-soaps, wet wipes trash bags(Garbage bags: privacy shelter, carry water, simple port-a-potty, collect waste, rain cover), Ziplock bags, cards
6. First Aid-bandages, ointments, medicines,
7. Garden-tools, seeds, containers
8. Kids-toys, books, puzzles
9. Batteries-may not be highest quality
10. Gloves-gardening, latex, nitrile, work
11. Personal Hygiene-shampoo, conditioner, deodorant, soap, sunscreen, toilet paper, cotton balls (+Vaseline=waterproof fire starter) feminine products, hand sanitizer, rubbing alcohol
12. Survival tools-duct tape, zip ties, hammer screw drivers, rope, bungee cords, poncho, socks, hats, super glue, plastic buckets, plastic sheeting

## Garage Sales, Ebay, Craigs List, 2<sup>nd</sup> Hand Stores

Hunting Gear, Fishing Gear, Barrels, Food Preservation Supplies, Boots, Winter Gear, Cookware, Candles, Manual Kitchen tools, Blankets, Camping Gear, Backpacks, Flashlights, battery radios, knives, Rain Gear Board Games, Books, Garden Supplies, Towels, Wood Cutting Equipment, Fabric, Sewing Supplies, Medical Equipment,

Things from around the house when funds are low...

In your desk, In your car, In your couch, In your wheelchair pack

in an emergency you can "skip" the suffering and go straight to taking action.

**Zip lock bags:** use as emergency gloves, ice pack, low budget sheet protector, flash light protector

**Permanent markers:** names on shirts (humanizes us), labeling photos, identifying folks for medical

**Bandanna:** breathing mask, washcloth, towel, sling, head cover,

**Mylar blanket:** holds 80% body heat, rain protection, reflective warning sign, blocks wind, window cover

**Ribbon or String:** 6 feet social distance measure, tie supplies, replace shoelace, belt

**Tissue:** kids can play with, sanitary uses, packing for valuables

**Hand sanitizer:** clean hands, dishes, surfaces, conserves water, erase ink

**Key reminder document:** most important emergency information, MYN steps, Inspirations quotes, prescription

copy, bank information, phone numbers of personal support network

**Old T-Shirt:** change of clothes, create uniform, homemade diaper, write info on it for aid to others, converts to a

sling

**Duct tape:** sealing rooms, spell out messages, securing items

**Garbage bags:** privacy shelter, carry water, simple port-a-potty, collect waste, rain cover

**Food:** tasty hi protein and hi energy bars, dried meats, dried fruit, nuts, salty snacks

**Water:** one gallon per person per day, store in easy open containers,

**Help/OK signs** - folded and ready to display with band aid used as tape

