



# Preppers University

Want to get prepped in a hurry?

Wondering if, maybe, it's too late?

As long as you live near a "big box" type store, you really can get prepared in short order. You may end up paying a bit more for those preps, as we call them, but prepper-shopping at a Sam's Club, Costco, or Walmart Super Center is a very smart strategy, since nearly everything you need is right there.

A benefit of shopping at these stores is that you can quickly and easily load up on food and other supplies in a single location. If you're in a hurry to prep, you don't have time to wait for mail ordered freeze dried food or other survival supplies. You want what you want, and you want it now!

The following guide has lists of products that are regularly featured in survival/prepper websites, books, and checklists. We've combined them all into a single handy check-list for your convenience.

Before emptying your bank account and going full-throttle with your shopping, first review the list to see what you already own or have access to. Eliminate anything that falls into that category or isn't relevant to your circumstances. For example, an apartment dweller might not have a need for a gas-powered generator.

As you review the categories on this list, add anything else that comes to mind and create your own customized Panic Prepping Shopping List.

Remember, whatever you buy now will not go to waste. Everything on this list is practical and useful for a multitude of emergency scenarios.

Get prepped, educated, and then relax, knowing you're ready for anything!

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## ***Panic-Prepping Shopping Guide***

This guide was designed to help the typical prepper quickly find survival-related goods in a warehouse type store, such as Costco or Sam's Club.

### Electronics

- Batteries
- Pre-paid phone cards
- Walkie-talkies (may also be found with camping gear)

### Home Goods

- Space Saver bags
- Plastic storage bins
- Backpack/duffel bag(s)
- Portable heater
- Storage shelving
- Hand-truck
- Fire extinguisher(s)
- Solar powered lights
- Brita water pitcher and filters
- Light bulbs

### Auto/Tools

- Flashlights
- Work gloves
- Hand tools
- Auto emergency kit
- Wiper blades
- Tarps
- Generator (buy gas at Costco before you leave)
- Motor oil
- Extension cord(s)

### Office supplies

- Binders
- Paper
- Printer ink
- Page protectors
- Writing pads
- Pencils
- Sharpies

### Kitchen Goods

- Cooking burner
- Food saver and bags
- Jars and lids
- Cast iron pots

### Outdoors

- Sleeping bags
- Propane tanks
- Lighters
- Lanterns
- 2-way radio (may also be in Electronics)
- Cold weather gear (may be seasonal & regional)

### Cleaning supplies

- Lysol wipes, spray, liquid cleaner
- Dish soap
- Bleach
- Laundry detergent

### Paper goods

- Toilet paper (figure one roll per person per week)
- Zip-Loc bags in different sizes
- Trash bags in different sizes
- Tissues
- Disposable gloves
- Plastic spoons/forks/knives
- Aluminum foil
- Paper plates (not foam)
- Paper cups

### Pets

- Kitty litter
- Food
- Extra pet bed



## Non-refrigerated foods

- Energy drinks
- Tang
- Gatorade (powder)
- Lemonade (powder)
- Tea
- V-8
- Coffee
- Nuts
- Olive oil
- Vegetable oil
- Pancake mix
- Flour (both all-purpose & bread)
- Rice
- Dry beans
- Applesauce
- Sugar
- Vinegar
- Ramen soup
- Mayonnaise
- Mustard
- Ketchup
- Sauces:
  - A-1
  - Worcestershire
  - Frank's Hot Sauce
  - Teriyaki
  - Salsa
  - Cholula
  - Tabasco
- Chocolate syrup
- Hot chocolate powder
- Cases of bottled water
- Wheat
- "Emergency food"
- Pasta
- Jam/jelly
- Peanut butter
- Parmesan cheese
- Honey
- Syrup
- Crackers
- Trail mix (may also be found near front of store)
- Sunflower seeds
- Cracker snack packs
- Candy bars
- Jelly beans
- Cold cereal
- Dried milk
- Oatmeal

## Canned foods

- Soup (8 or 12 cans per case)
- Chicken broth
- Canned chicken
- Tuna
- SPAM
- Canned beef
- Beans
- Chili
- Refried beans
- Pasta sauce
- Vegetables
- Fruit
- Tomato paste
- Tomato sauce
- Tomatoes

## Spices & baking supplies

- Seasoned salt
- Brown gravy mix
- Taco seasoning
- Chili powder
- Paprika
- Garlic powder & granules
- Salt
- Bouillon
- Oregano
- Black pepper
- Yeast
- Cinnamon
- Vanilla
- Baking soda
- Baking powder

## Bakery

- Bread (buy enough to last two weeks.)
- Tortillas
- Energy, high-calorie bars and granola

## Chilled food

- Hard cheeses
- Salami/pepperoni
- Butter
- Eggs
- Milk



## Personal

- Feminine hygiene products (know how much you need per month)
- Liquid soap
- Shampoo
- Bar soap (10-20 count per package)
- Hand sanitizer
- Shavers
- Lotion
- Baby formula
- Diapers
- Wipes
- Toothbrushes
- Toothpaste
- Dental floss
- Anti-perspirant/deodorant
- Condoms
- First Aid kit

- Robitussin
- Prilosec
- Pepto-Bismol
- Tums
- Alcohol
- Alcohol swabs
- Hydrogen peroxide
- Hydro-cortisone cream
- Cough drops
- Afrin
- Claritin
- Benadryl
- Mucinex
- Delsym
- Zyrtec
- Imodium
- Metamucil (or other fiber product)
- Contact lens solutions & cleaner

## Nutritionals

- Glucosamine
- Fish oil
- Calcium
- Kids vitamins
- B-12
- Folic acid
- B-100
- B-Complex
- Iron
- Garlic
- Vitamin C
- Vitamin E
- Vitamin D
- Prenatal vitamins
- Multi-vitamins
- Protein powder
- Protein bars

## Center of store

- Blankets
- Towels
- Socks
- Underwear
- Shoes/boots
- Extra clothing
- Dried fruit
- Candy
- Sanity savers (books, CDs, puzzles, etc.)

## Over the counter

- Advil
- Tylenol
- Motrin
- Aleve
- NyQuil
- DayQuil
- Zi-cam