

The Survival Mom

Costco TEOTWAWKI Shopping Guide

Electronics

<input type="checkbox"/> Batteries	<input type="checkbox"/> Walkie-talkies (may also be with camping gear)
<input type="checkbox"/> Rechargeable batteries	<input type="checkbox"/> Spare USB drive
<input type="checkbox"/> Pre-paid phone cards	

Home Goods

<input type="checkbox"/> Space Saver bags	<input type="checkbox"/> Hand-truck
<input type="checkbox"/> Plastic storage bins	<input type="checkbox"/> Fire extinguisher(s)
<input type="checkbox"/> Backpack/duffel bag(s)	<input type="checkbox"/> Solar powered lights
<input type="checkbox"/> Portable heater	<input type="checkbox"/> Brita water pitcher and filters
<input type="checkbox"/> Portable fan / air conditioner	<input type="checkbox"/> Light bulbs (multiple sizes, incl. flood lights)
<input type="checkbox"/> Storage shelving	

Auto/Tools

<input type="checkbox"/> Flashlights	<input type="checkbox"/> Generator (buy gas at Costco before you leave)
<input type="checkbox"/> Work gloves	<input type="checkbox"/> Motor oil
<input type="checkbox"/> Hand tools	<input type="checkbox"/> Extension cord(s)
<input type="checkbox"/> Auto emergency kit	<input type="checkbox"/> Car battery (several linked = small generator)
<input type="checkbox"/> Wiper blades	<input type="checkbox"/> Blue (garage) paper towels
<input type="checkbox"/> Tarps	<input type="checkbox"/> Microfiber Towels

Office supplies

<input type="checkbox"/> Binders	<input type="checkbox"/> Pencils
<input type="checkbox"/> Paper	<input type="checkbox"/> Sharpies
<input type="checkbox"/> Printer ink	<input type="checkbox"/> Blank CDs/DVDs for copying data
<input type="checkbox"/> Page protectors	<input type="checkbox"/> Cheap non-prescription eyeglasses (in case vision worsens or glasses are lost)
<input type="checkbox"/> Writing pads	

Kitchen Goods

<input type="checkbox"/> Cooking burner	<input type="checkbox"/> Cast iron pots
<input type="checkbox"/> Foodsaver	<input type="checkbox"/> Food Dehydrator
<input type="checkbox"/> Foodsaver bags	<input type="checkbox"/> Plastic food storage containers
<input type="checkbox"/> Canning jars and lids	

Outdoors

<input type="checkbox"/> Sleeping bags	<input type="checkbox"/> Cold weather gear (may be seasonal & regional)
<input type="checkbox"/> Propane tanks	<input type="checkbox"/> Camelback / water backpack
<input type="checkbox"/> Lighters	<input type="checkbox"/> Gloves (cold weather) for all
<input type="checkbox"/> Lanterns	<input type="checkbox"/> Grill
<input type="checkbox"/> 2-way radio (may also be in Electronics)	<input type="checkbox"/> Fire pit / outdoor heater

Cleaning supplies

<input type="checkbox"/>	Lysol wipes, spray, liquid cleaner	<input type="checkbox"/>	Laundry detergent
<input type="checkbox"/>	Dish soap	<input type="checkbox"/>	Drano / drain cleaner
<input type="checkbox"/>	Bleach	<input type="checkbox"/>	Vinegar

Paper goods

<input type="checkbox"/>	Toilet paper (one roll per person per week)	<input type="checkbox"/>	Plastic spoons/forks/knives
<input type="checkbox"/>	Facial Tissue / Kleenex	<input type="checkbox"/>	Paper plates (not foam)
<input type="checkbox"/>	Disposable gloves (check sizes)	<input type="checkbox"/>	Paper cups
<input type="checkbox"/>	Zip-Loc bags in different sizes	<input type="checkbox"/>	Aluminum foil
<input type="checkbox"/>	Trash bags in different sizes (contractor too)	<input type="checkbox"/>	Plastic wrap

Pets

<input type="checkbox"/>	Kitty litter	<input type="checkbox"/>	Treats
<input type="checkbox"/>	food	<input type="checkbox"/>	Rawhide Bones

Non-refrigerated foods (non-canned)

<input type="checkbox"/>	Energy drinks	<input type="checkbox"/>	Wheat
<input type="checkbox"/>	Tang	<input type="checkbox"/>	“Emergency food” (not in all Costcos)
<input type="checkbox"/>	Gatorade (powder)	<input type="checkbox"/>	Pasta
<input type="checkbox"/>	Lemonade (powder)	<input type="checkbox"/>	Jam/jelly (large jars and individual)
<input type="checkbox"/>	Tea	<input type="checkbox"/>	Peanut butter
<input type="checkbox"/>	V-8	<input type="checkbox"/>	Parmesan cheese
<input type="checkbox"/>	Coffee	<input type="checkbox"/>	Honey
<input type="checkbox"/>	Chocolate syrup	<input type="checkbox"/>	Syrup
<input type="checkbox"/>	Hot chocolate powder	<input type="checkbox"/>	Crackers
<input type="checkbox"/>	Cases of bottled water	<input type="checkbox"/>	Trail mix (may also be near front of store)
<input type="checkbox"/>	Mayonnaise	<input type="checkbox"/>	Sunflower seeds
<input type="checkbox"/>	Mustard	<input type="checkbox"/>	Cracker snack packs
<input type="checkbox"/>	Ketchup (large jars and individual)	<input type="checkbox"/>	Nuts
<input type="checkbox"/>	Sauces:	<input type="checkbox"/>	Olive oil
<input type="checkbox"/>	A-1	<input type="checkbox"/>	Vegetable oil
<input type="checkbox"/>	Worcestershire	<input type="checkbox"/>	Rice
<input type="checkbox"/>	Frank's Hot Sauce	<input type="checkbox"/>	Dry beans
<input type="checkbox"/>	Teriyaki	<input type="checkbox"/>	Applesauce
<input type="checkbox"/>	Salsa	<input type="checkbox"/>	Vinegar
<input type="checkbox"/>	Cholula	<input type="checkbox"/>	Ramen soup
<input type="checkbox"/>	Tabasco	<input type="checkbox"/>	Cold cereal
<input type="checkbox"/>	Soy	<input type="checkbox"/>	Oatmeal (instant and regular)
<input type="checkbox"/>	Other:		

Non-refrigerated foods (canned)

<input type="checkbox"/>	Soup (8 or 12 cans per case)	<input type="checkbox"/>	Chili
<input type="checkbox"/>	Chicken broth	<input type="checkbox"/>	Refried beans
<input type="checkbox"/>	Canned chicken	<input type="checkbox"/>	Pasta sauce
<input type="checkbox"/>	Tuna	<input type="checkbox"/>	Vegetables
<input type="checkbox"/>	SPAM	<input type="checkbox"/>	Fruit
<input type="checkbox"/>	Canned beef	<input type="checkbox"/>	Tomato paste / tomato sauce
<input type="checkbox"/>	Beans	<input type="checkbox"/>	Tomatoes

Non-refrigerated foods (Spices & baking supplies)

<input type="checkbox"/> Pancake mix	<input type="checkbox"/> Taco seasoning
<input type="checkbox"/> Sugar	<input type="checkbox"/> Chili powder
<input type="checkbox"/> All purpose flour	<input type="checkbox"/> Paprika
<input type="checkbox"/> Bread flour	<input type="checkbox"/> Garlic powder & granules
<input type="checkbox"/> Dried milk	<input type="checkbox"/> Salt (iodized, non-iodized, and sea salt)
<input type="checkbox"/> Condensed milk	<input type="checkbox"/> Bouillon
<input type="checkbox"/> Yeast	<input type="checkbox"/> Oregano and other herbs
<input type="checkbox"/> Baking soda	<input type="checkbox"/> Black pepper
<input type="checkbox"/> Baking powder	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Seasoned salt	<input type="checkbox"/> Vanilla
<input type="checkbox"/> Brown gravy mix	

Bakery

<input type="checkbox"/> Bread (enough to last two weeks.)	<input type="checkbox"/> Energy, high-calorie bars and granola
<input type="checkbox"/> Tortillas	<input type="checkbox"/> Food Grade Buckets

Chilled food

<input type="checkbox"/> Hard cheeses	<input type="checkbox"/> Eggs
<input type="checkbox"/> Salami/pepperoni	<input type="checkbox"/> Milk
<input type="checkbox"/> Butter	<input type="checkbox"/> Fruit / veggies (dehydrate / preserve soonest)

Personal

<input type="checkbox"/> Feminine hygiene products (know how much you need per month)	<input type="checkbox"/> Anti-perspirant/deodorant
<input type="checkbox"/> Liquid hand soap	<input type="checkbox"/> Toothbrushes
<input type="checkbox"/> Shower gel	<input type="checkbox"/> Toothpaste
<input type="checkbox"/> Shampoo / conditioner	<input type="checkbox"/> Dental floss (good for more than just teeth)
<input type="checkbox"/> Baby shampoo / baby skin lotion	<input type="checkbox"/> Fluoride rinse
<input type="checkbox"/> Bar soap (10-20 count per package)	<input type="checkbox"/> Condoms
<input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> Pregnancy test
<input type="checkbox"/> Lotion	<input type="checkbox"/> Flushable wipes (if water's not available...)
<input type="checkbox"/> Shavers	<input type="checkbox"/> Baby wipes
<input type="checkbox"/> Razor blades – men's and women's	<input type="checkbox"/> Baby formula
<input type="checkbox"/> Shaving cream	<input type="checkbox"/> Diapers

Nutritionals / Vitamins

<input type="checkbox"/> Multi-vitamins	<input type="checkbox"/> B-12
<input type="checkbox"/> <input type="checkbox"/> Kids	<input type="checkbox"/> B-100
<input type="checkbox"/> <input type="checkbox"/> Women's	<input type="checkbox"/> B-Complex
<input type="checkbox"/> <input type="checkbox"/> Men's	<input type="checkbox"/> Vitamin C
<input type="checkbox"/> <input type="checkbox"/> Centrum Silver	<input type="checkbox"/> Vitamin D
<input type="checkbox"/> <input type="checkbox"/> Prenatal	<input type="checkbox"/> Vitamin E
<input type="checkbox"/> Estroven (just in case, for late-30s+ women)	<input type="checkbox"/> Iron
<input type="checkbox"/> Folic acid	<input type="checkbox"/> Garlic
<input type="checkbox"/> Glucosamine	<input type="checkbox"/> Protein powder
<input type="checkbox"/> Fish oil	<input type="checkbox"/> Protein bars
<input type="checkbox"/> Calcium	

Medical / First Aid

<input type="checkbox"/> First Aid Kit	<input type="checkbox"/> Zyrtec
<input type="checkbox"/> Advil (adult and child)	<input type="checkbox"/> Imodium
<input type="checkbox"/> Tylenol (adult and child)	<input type="checkbox"/> Tums
<input type="checkbox"/> Motrin (adult and child)	<input type="checkbox"/> Hydro-cortisone cream
<input type="checkbox"/> Aleve	<input type="checkbox"/> Airborne (adult and child)
<input type="checkbox"/> NyQuil	<input type="checkbox"/> GasEx / Beano
<input type="checkbox"/> DayQuil	<input type="checkbox"/> Alcohol
<input type="checkbox"/> Zi-cam (adult and child)	<input type="checkbox"/> Alcohol swabs
<input type="checkbox"/> Robitussin (adult and child)	<input type="checkbox"/> Neosporin
<input type="checkbox"/> Prilosec	<input type="checkbox"/> Hydrogen peroxide
<input type="checkbox"/> Pepto-Bismol	<input type="checkbox"/> Fiber Product like Metamucil
<input type="checkbox"/> Cough drops	<input type="checkbox"/> Epsom Salts
<input type="checkbox"/> Afrin	<input type="checkbox"/> Contact lens solutions & cleaner
<input type="checkbox"/> Claritin (adult and child)	<input type="checkbox"/> Bandages / Bandaids
<input type="checkbox"/> Benadryl (adult and child)	<input type="checkbox"/> Cotton balls / cotton pads
<input type="checkbox"/> Mucinex (adult and child)	<input type="checkbox"/> Nitrile Gloves (check sizes)
<input type="checkbox"/> Delsym	<input type="checkbox"/> Blood Pressure Monitor

Center of store

<input type="checkbox"/> Blankets	<input type="checkbox"/> Coats / jackets / blanket pajamas
<input type="checkbox"/> Towels	<input type="checkbox"/> Dried fruit
<input type="checkbox"/> Socks	<input type="checkbox"/> Jerky
<input type="checkbox"/> Underwear	<input type="checkbox"/> Jelly beans
<input type="checkbox"/> Camisoles (layering)	<input type="checkbox"/> Candy / snack packs
<input type="checkbox"/> Shoes/boots	<input type="checkbox"/> Sanity savers (books, CDs, puzzles, etc.)
<input type="checkbox"/> Extra clothing (pants, shirts, etc)	