

HEALTHY PREPPING

INSIDE THE HOUSE CHECKLIST

DRIED + CANNED GOODS

- Dried beans (bulk bags)
- Canned organic vegetables (corn, green beans, etc)
- Canned tomatoes (paste, sauce, fire-roasted)
- Canned organic chili, soups + salsa
- Canned fruit (peaches, pears, ect., bulk organic)
- Coffee (large can) + Tea (green tea, licorice, etc)
- Dried spices (garlic, onion, chili, cumin, herbs, etc)
- Celtic Sea Salt + Peppercorns (bulk)
- Canned wild tuna and salmon
- Applesauce, pickles, and olives (organic/fermented)
- Dried fruit (bulk, organic...raisins, figs, dates, etc)
- Maple syrup + honey (large jars, organic/raw)
- Canned coconut milk (bulk, organic)

FRESH + FROZEN

- Grass-fed beef for the freezer (local, 1/2 or whole)
- Grass-fed pork (local if can, whole or half hog)
- Grass-fed chicken (local if can, whole chickens or store-bought grass-fed organic).
- Frozen vegetables (bulk, organic...cauliflower, broccoli, or what you can find).
- Frozen fruit (bulk, organic...strawberries, cherries, pineapple, other berries). Great for smoothies!
- Apples, oranges, lemons, potatoes, carrots, beets, onions, garlic, sweet potatoes (fresh, bulk, organic)
- Butter (organic, bulk, cultured if can find)
- Frozen bone broth (homemade or store organic)
- Fresh Ginger and Turmeric root for freezer

PANTRY

- Organic oats (bulk) + oat flour for GF baking
- Organic brown rice flour (GF starter, more!)
- Organic white flour + yeast, if needed
- Tapioca starch-good in baking (replaces cornstarch)
- Psyllium husk powder (for GF bread making + fiber)
- Organic white rice (bulk)-white rice lasts longer than brown and fewer anti-nutrients
- EVOO + virgin coconut oil (bulk, organic)
- Quinoa (bulk, organic)
- Baking Soda (bulk) + Baking powder (natural, bulk)
- Tortillas, + tortilla chips or other (organic)
- Nuts and seeds + butters (bulk...soak + dehydrate nuts + make your own own butters)

PAPER GOOD, TOILETRIES + CLEANING

- Dr. Bronners (gallon jugs) for cleaning, dishes, hand soap laundry, body wash, shampoo + more!
- Toilet Paper (Bulk)
- Paper Towels (Bulk) and Bidet
- Hydrogen Peroxide (gallon jugs of food grade)
- White Vinegar (gallon jugs)
- Trash bags (bulk)
- Menstrual cup or lots of tampons/pads (organic)
- Natural hand sanitizer
- Natural Toothpaste + Floss
- Bamboo toothbrushes (bulk)
- Metal razor blade with bulk replacement blades
- Cotton balls

MEDICINES + SUPPLEMENTS

- Spirulina powder (superfood)
- Vitamin C (Camu Camu powder, Liposomal Vit. C)
- Echinacea (wild/organic tincture/supplements)
- Colloidal silver
- Cod liver oil
- Ibuprofen + Tylenol
- Probiotics
- Collagen powder (grass-fed)
- Natural topic antibiotic ointment
- Essential oils (eucalyptus, lavender, tea tree etc).
- Any other meds you take in bulk
- Vodka (bulk...sterilizer)
- Humidifier
- Chocolate (organic) + Wine (natural) ;)

COOKING EQUIPMENT/SUPPLIES + STORAGE

- Tin foil, saran wrap, ziplock bags (bulk, BPA free)
- Food processor for nut butter, pesto, etc
- Nutri-bullet for smoothies, cashew cream, etc
- Glass food storage containers
- Wooden spoons, spatula and cutting boards
- Stainless steel sheet pans + pot and pans
- Large cast-iron pan
- Cookbooks + how to canning books (Cannelle et Vanille for GF starter + more)
- Mason jars, lids + rings for storage and canning.
- Canning supplies (canner, tongs, funnel)
- Large cast-iron pot + crock pot
- Natural scrubber sponges

HEALTHY PREPPING

OUTSIDE THE HOUSE CHECKLIST

FOOD GROWTH

- Organic seeds, learning to harvest seed + store.
- Compost (organic/no spray)
- Rototiller (Mantis for raised beds)
- Seed starter trays and potting soil
- Organic fertilizers, pesticides + other pest control
- Garden/plants/tree protection from rodents, deer + birds.
- Raising animals for protein, including food for pets (beef, chicken, pigs, rabbits, fish)
- Meat processing equipment (Knives, Knife sharpeners, Field Dress, Hang, Age, Cut, Grind, Pack)
- Traps + Fishing supplies

FOOD STORAGE

- Long term Cold Storage Solution (root cellar)
- Dehydrating (dehydrator or slow cooking in oven)
- Canning (see above)
- Meat curing (bulk sea salt)

TOOLS

- Hammer + Nails
- Mechanics tool kit
- Screwdriver
- Pick
- Hoe
- Shovel
- Rake
- Post hole digger
- Axe
- Handsaws
- Rope (small and large)
- Ladders
- Emergency Water storage
- Pitch fork
- Saw mill chainsaw
- Cross cut saw
- Chain saw oil
- Chain saw gas
- Matches/firestarter
- Duct tape

POWER GENERATION

- Solar
- Wind
- Generator
- Methane digester
- Gasoline storage
- Diesel storage

SECURITY

God water source

Rain capture, snow capture, underground cistern, manual well pump, solar well pump

Side Arm

9 mm, 45mm

Deer Rifle

30/30

Large Game Rifle

7mm

Small Game Pistol

.22

Shotgun

12 gauge

- Waste Management
- First Aid Kit (EMT)
- Home heating (firewood, biogas)

Reloading

- Consumables (power, shot, etc.)
- Power
- Equipment

Short Range Comms

- CB

Large Range Comms

- HAM Radio
- Internet Over Ham
- Radio Tower

BOOKS + RESOURCES

- Azure Standard for bulk organic/non-gmo food
- thrivemarket.com for bulk organic/non-gmo food
- Cannelle et Vanille cookbook for GF sourdough
- Medicinal plants of the PNW
- Natural soap making
- Canning
- Trapping
- Plant Medicine
- Other books...growing food, survival, reloading ammo, dental, thriving in drought, veterinary, meat processing, seed preservation, aquaponics (aquaculture-getting fish to spawn in ponds), more medicinal books.