

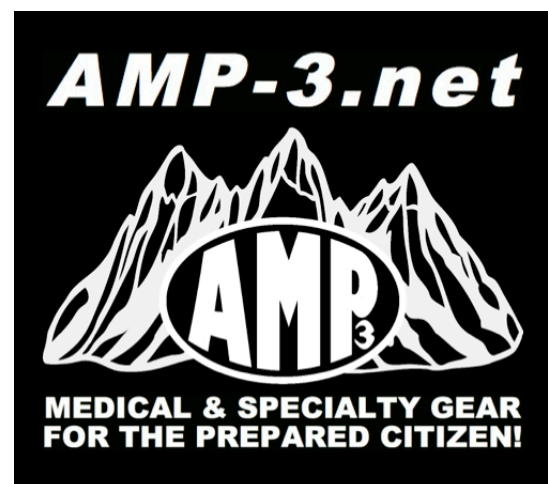
100 ESSENTIALS LIST

by AMP-3, LLC

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1. Generators (Good ones cost \$\$, get a Honda!)
2. Water Filters/Purifiers (Burkey, Life Straw) Think about a layered system of capability for your water needs
3. Portable Toilets
4. Seasoned Firewood
5. Lamp Oil, Wicks, & Lamps (Get Odorless/Smokeless lamp oil)
6. Propane Fuel Tanks w/ propane (You can never have enough!)
7. Guns, Ammunition, Pepper Spray, Bear Spray, Knives, Clubs, Bats & Slingshots
8. Hand-Crank Can Openers, Egg beaters, Whisks
9. Honey/Syrups, White & Brown Sugar
10. Rice, Beans, Wheat
11. Vegetable Oil, Olive Oil, Crisco
12. Charcoal, Lighter Fluid (This will run out so stock up now!)
13. Water Containers (Urgent Get Now Item) Stock up on any size you can find
14. Mini Propane Heater (Heater Buddy)
15. Hand Crank Grain Grinder
16. Propane Fuel Cylinders (Urgent Get Now Item - shortages will occur early & fast)
17. Coleman Lanterns – Get extra mantles!
18. Baby Supplies (Diapers, Formula, Ointments, Pedialyte, ect)
19. Washboard, Mop Bucket, Heavy-Duty Wringer
20. Cook Stoves (Silver Fire Hunter, Coleman)
21. Feminine Hygiene/Hair Care/Skin Products
22. Vitamins, Over the Counter Medications (Urgent Get Now Item - shortages will occur early & fast)
23. Thermal Underwear & Tops
24. Bow Saws, Axes, Hatchets, Wedges, Sharpening Stones, and Honing Oil
25. Aluminum Foil Regular & Heavy (Cooking & Barter Item)
26. Gasoline Containers (Plastic & Metal)
27. Garbage Bags all kinds and sizes (Impossible to have to many)
28. Toilet Paper, Kleenex, Paper Towels
29. Milk-Powered & Condensed (Honeyville) (Shake the Liquid Milk every 3-4 months)
30. Garden Seeds (Non-Hybrid) (Texas Ready Seed Banks)
31. Clothes Pins/Clothes Line/Hangers (A Must)
32. Coleman's Pump Repair Kit
33. Fire Extinguishers (or... Large Box of Baking Soda in Every Room)
34. Comprehensive First Aid Kit (Amp-3 Outfitter & Mastering your Med-Kit DVD)
35. Suture Kit & Instructions (Amp-3 Wound Care Kit and Survival Suturing DVD)
36. Batteries (All Sizes-Stock Up) & Battery Chargers (Solar & AC)
37. Garlic, Spices, Vinegar (All kinds), and Baking Supplies
38. Dog Food (Enough to last 2 years)
39. Flour, Yeast, Salt & Pepper
40. Wooden Strike Anywhere Matches (Stock Up)
41. Writing Paper, Pads, Pencils, Sharpie Pens, Solar Calculators
42. Insulated Ice Chests (Great for keeping items frozen in the Wintertime)
43. Work Boots, Belts, Levis & Durable Warm Shirts (Carhartt)
44. Flashlights, Light Sticks & Dietz 76 Lanterns (Stock up & use them now so you know how they work)
45. Journals, Diaries & Scrapbooks (Keep Track of your Journey)
46. Garbage cans with Lids (Make your own Faraday Cage with galvanized can / lid) (Purchase Scott Hunt's DVD Home EMProvement)
47. Men's Hygiene: Shampoo, Razors, Mouthwash, Floss, Nail Clippers, ect.
48. Cast Iron Cookware (Dutch Oven, Pans, Cookbooks on Dutch Oven Cooking)
49. Fishing Supplies/Tools (Stock up Now)
50. Mosquito Repellent
51. Duct Tape & Plastic Sheeting
52. Tarps, Stakes, Twine, Rope, Spikes
53. Candles (You can never have enough)
54. Laundry Soap (Liquid)
55. Backpacks & Duffel Bags
56. Garden Tools & Supplies
57. Scissors, Fabric & Sewing Supplies (Singer Treadle Sewing Machine)

58. Canned Fruit, Veggies, Soups, Stews
59. Bleach (Plain, NOT Scented: 4 to 6 % Sodium Hypochlorite)
60. Canning Supplies (Jars, Lids, Pressure Cooker, Wax, Liquid Parafin)
61. Knives & Sharpening Tools (Files, Stones & Steel, and Oil)
62. Bicycles-Tires, Tubes, Pumps, Chains, Ect
63. Chain Saw (Chains, Gas, Oil, Spark Plugs)
64. Sleeping Bags, Cots, Pads, Pillows
65. Carbon Monoxide Alarms (Battery Powered)
66. Board Games, Cards, Horseshoes, Dice
67. D-Con Rat Poison, Roach Killer, Mouse Traps, Ant Traps (Anything that you need to kill rodents)
68. Paper Plates, Napkins, Plastic Cups, Silverware (Stock Up)
69. Baby Wipes, Antibacterial Soap, Hand Sanitizer (Bacteria / hygiene issues will kill the most people. Wash hands and stay clean at all times!)
70. Rain Gear, Rubber Boots, Wool Socks
71. Hand Pumps & Siphons (For Water & Fuels)
72. Bullions, Gravy, Soup Base, Soy Sauce
73. Reading Glasses
74. Chocolate, Cocoa, Tang, Lemonade Mix, Tea, Coffee (Stock up on all of these)
75. Scarves, Ear Muffs, Gloves, Mittens, Sweaters, Wool Clothing
76. Roll-On Window Insulation Kits
77. Graham Crackers, Saltines, Pretzels, Trail Mix, Beef Jerky
78. Popcorn, Peanut Butter, Nuts, Jam, Jelly
79. Lumber (All kinds and sizes)
80. Wagons, Wheelbarrows, Carts (for transportation and work)
81. Garden Gloves, Work Gloves, Warm Gloves
82. Lantern Hangers
83. Screen Patch Kits, Glue, Nails, Screws, Nuts & Bolts
84. Screwdrivers, Hammers, Wrenches, General Tools
85. Cigarettes, cigars, lighters, paper book matches (great for bartering if you don't smoke)
86. Wine, Liquor (Bartering, Medicinal, ect)
87. Stay Alert Gum (Amp-3)
88. Hats, Bandanas, Neckerchiefs
89. Goats, Rabbits, Quail, Chickens (Cages, Food, Water Containers)
90. Chewing Gum, Mints, Hard Candy
91. Powdered Eggs (Ovaeasy-Stock Up)
92. Dried Pasta, Pasta Sauce, Pizza Sauce
93. Dried Fruits, Dried Beans, Dried Vegetables
94. Applesauce, Pie Filling, Quick-Cooking Oats
95. Olives, Green Chilies, Canned Mushrooms
96. Mustard, Ketchup, Taco Seasoning, Dry Bread Crumbs
97. Cook Books, Food Storage Cook Books, Canning Cook Books, Gardening Books
98. Canned Pumpkin, Cinnamon, Nutmeg
99. Mylar Bags (All Sizes)
100. Cash \$\$\$ (minimum \$100 per person in small bills nothing over \$10)



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