

Pandemic Stock-Up Checklist

SURVIVALSTOCKUP

survivalstockup.com

Practical household supplies for illness, isolation, and short disruptions.

BUILD GRADUALLY. BUY WHAT YOU USE. ROTATE BEFORE EXPIRY.

Plan a practical two-week household buffer where possible. These are general preparedness supplies, not protection against every disease. Follow outbreak-specific public health advice.

Household / people / pets

Checked on / next review

01 MEDICINE & MONITORING

- ☐ **Prescription refill plan**
Ask about a 7-30 day buffer where permitted. Keep a medication list and any cold-storage plan.
- ☐ **Suitable OTC medicines**
Stock age-appropriate fever relief and [oral rehydration salts](#). Follow labels; avoid duplicate ingredients.
- ☐ **One reliable thermometer**
Use a [digital thermometer](#) as directed. An infrared model is optional; technique affects readings.
- ☐ **Tests and basic first aid**
Keep in-date, authorized tests for relevant infections, bandages and basic first aid supplies.

03 HYGIENE & SANITATION

- ☐ **Soap and hand sanitizer**
Keep soap stocked. Use [60%+ alcohol sanitizer](#) if soap and water are unavailable. Supervise children.
- ☐ **Appropriate surface disinfectant**
Match EPA label claims to the pathogen. Observe wet contact time; never mix cleaners.
- ☐ **Gloves for specific care tasks**
Use nitrile gloves for body fluids or label-directed cleaning. Wash hands after removal.
- ☐ **Everyday paper and laundry items**
Top up tissues, toilet paper, paper towels, detergent and trash bags at your normal pace.

02 RESPIRATORY & CLEANER AIR

- ☐ **Well-fitting respiratory protection**
Choose [NIOSH-approved N95s](#) for adults. Verify approval and fit; replace if wet, dirty or damaged.
- ☐ **Size the supply to your household**
Plan replacements for expected use. Choose age-appropriate masks; none for children under 2.
- ☐ **Improve indoor air**
Consider a room-sized [HEPA air cleaner](#). Keep spare filters; ventilate when safe.
- ☐ **Set aside a sick-room area**
Plan separation, tissues, a lined bin and personal towels. Avoid sharing unwashed cups or utensils.

04 FOOD & WATER

- ☐ **Shelf-stable meals you will eat**
Build toward 14 days of familiar foods. Include ready-to-eat options, proteins and dietary needs.
- ☐ **Stored water for disruptions**
At least 1 gallon per person daily for 3 days; aim for 2 weeks if possible. Add water for pets and extra needs.
- ☐ **Food prep without electricity**
Keep a [manual can opener](#). Include foods that need no cooking; never use a camp stove indoors.
- ☐ **Infant and pet essentials**
Stock familiar formula or feeding supplies, diapers, pet food and any special care items.

Household Care & Supply Plan

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Make it easier to stay home, support one another, and get help early.

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05 HEALTH & CARE PLAN

- ☐ **Contact care providers early**
Save pharmacy and clinician numbers. Higher-risk people should seek prompt advice when ill; treatment can be time-sensitive.
- ☐ **Pulse oximeter: optional**
Use if your clinician advises. Readings can be inaccurate, including with darker skin; never ignore symptoms.
- ☐ **Review prevention and sick leave**
Check recommended vaccines and disease-specific guidance. Plan caregiving, delivery and time away from work or school.

06 COMFORT & COMMUNICATION

- ☐ **Low-stress activities**
Keep books, games, hobby supplies and age-appropriate activities for children. Maintain routines and check-ins.
- ☐ **Charging and written contacts**
Keep a charged [power bank](#), cables and paper phone numbers. Arrange a backup helper.
- ☐ **Small comforts and optional baking**
Add familiar snacks, tea or coffee. Flour, yeast and shelf-stable milk are optional if you normally use them.

Get urgent help: Call 911 for trouble breathing, persistent chest pain, new confusion or difficulty waking. Do not wait for a device reading. Do not stockpile antibiotics or take prescription treatments without medical advice.

07 YOUR STOCK-UP & SUPPORT PLAN

People × planned days = food person-days

Water target (gallons) / stored so far

Clinician / pharmacy phone

Caregiver / backup helper phone

Missing essentials / next normal grocery trip

Refill dates / next expiry check

08 USEFUL KIT SUPPLIES

N95 respirators - Amazon

Verify NIOSH approval and a close fit.

Digital thermometer - Amazon

Choose an age-appropriate medical model.

HEPA air cleaner - Amazon

Match capacity to the room; maintain filters.

Alcohol hand sanitizer - Amazon

Check at least 60% alcohol on the label.

[CDC: prevention](#)

[CDC: water](#)

[EPA: disinfectants](#)

[FDA: pulse oximeters](#)