

# BASIC RESILIENCY SUPPLY LIST (abbreviated)

Below is a practical preparedness framework for a family of four during a prolonged national infrastructure disruption affecting food distribution, power, fuel, banking, medical access, and public services.

## Core Planning Assumptions

For a family of 4:

- Calories needed: ~8,000/day combined
- 3 months  $\approx$  720,000 calories
- 6 months  $\approx$  1.44 million calories

## THREE-MONTH SUPPLY LIST (Family of 4)

### Food Storage (90 Days)

Target: ~720,000 calories

- White rice 150–200 lbs
- Rolled oats 50 lbs
- Pasta 40 lbs
- Flour 75 lbs
- Potatoes (stored cool) 100 lbs
- Cornmeal 25 lbs
- Dry beans/lentils 100 lbs
- Peanut butter 24 jars
- Canned meat/fish 90–120 cans
- Powdered eggs 6–10 cans/buckets
- Protein powder
- Fats and Oils
- Olive/cooking oil 6–10 gallons
- Ghee or shortening 10–20 lbs
- Nuts/seeds 20–40 lbs
- Freeze-dried vegetables 1–2 large buckets
- Canned vegetables 100+ cans

- Canned fruit 60+ cans
- Dehydrated fruit 15–25 lbs
- Salt 25 lbs
- Sugar/honey 40–60 lbs
- Yeast 1–2 lbs
- Baking powder/soda Bulk
- Coffee/tea 3-month supply
- Spices Assorted

## Water

For 3 months:

- Minimum: 360 gallons
- Ideal: 700+ gallons

## Cooking

- Propane camp stove
- Rocket stove
- Cast iron cookware
- Manual grain mill
- Dutch oven
- Fuel
- Propane: 6–12 tanks minimum
- Firewood if possible
- Lighters/matches/fire starters

## Medical & Hygiene

- Full trauma/first aid kit
- OTC medications
- Electrolytes
- Antibiotic ointment
- Bandages/gauze
- Thermometer
- Prescription backups if possible
- Toilet paper

- Soap
- Bleach
- Feminine hygiene products
- Toothpaste/toothbrushes
- Laundry detergent
- Buckets + lids
- Heavy trash bags