

The Survival Mom

Costco TEOTWAWKI Shopping Guide

Electronics

- Batteries
- Rechargeable batteries
- Pre-paid phone cards
- Walkie-talkies (may also be with camping gear)
- Spare USB drive

Home Goods

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

Auto/Tools

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

Office supplies

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

Kitchen Goods

- Cooking burner
- Foodsaver
- Foodsaver bags
- Canning jars and lids
- Cast iron pots
- Food Dehydrator
- Plastic food storage containers

Outdoors

- Sleeping bags
- Propane tanks
- Lighters
- Lanterns
- 2-way radio (may also be in Electronics)
- Cold weather gear (may be seasonal & regional)
- Camelback / water backpack
- Gloves (cold weather) for all
- Grill
- 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

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|--------------------------|--|--------------------------|-----------------------------|
| <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

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|--------------------------|--------------|--------------------------|---------------|
| <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"/> | <input type="checkbox"/> A-1 | <input type="checkbox"/> | Vegetable oil |
| <input type="checkbox"/> | <input type="checkbox"/> Worcestershire | <input type="checkbox"/> | Rice |
| <input type="checkbox"/> | <input type="checkbox"/> Frank's Hot Sauce | <input type="checkbox"/> | Dry beans |
| <input type="checkbox"/> | <input type="checkbox"/> Teriyaki | <input type="checkbox"/> | Applesauce |
| <input type="checkbox"/> | <input type="checkbox"/> Salsa | <input type="checkbox"/> | Vinegar |
| <input type="checkbox"/> | <input type="checkbox"/> Cholula | <input type="checkbox"/> | Ramen soup |
| <input type="checkbox"/> | <input type="checkbox"/> Tabasco | <input type="checkbox"/> | Cold cereal |
| <input type="checkbox"/> | <input type="checkbox"/> Soy | <input type="checkbox"/> | Oatmeal (instant and regular) |
| <input type="checkbox"/> | <input type="checkbox"/> Other: | | |

Non-refrigerated foods (canned)

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|--------------------------|------------------------------|--------------------------|-----------------------------|
| <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)

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|--------------------------|-------------------|--------------------------|---|
| <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

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|--------------------------|-----------------------------------|--------------------------|---------------------------------------|
| <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

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|--------------------------|------------------|--------------------------|--|
| <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

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|--------------------------|---|--------------------------|---|
| <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"/> | Flouride 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

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|--------------------------|--|--------------------------|----------------|
| <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

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|--------------------------|------------------------------|--------------------------|----------------------------------|
| <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 / Band-aids |
| <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

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|--------------------------|-------------------------------------|--------------------------|---|
| <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) | | |