



City Lockdown Survival CHECKLIST

Drinkable water	First aid supplies
Toothbrush	Toothpaste
Soap	Hand sanitizer
Extra blankets	Toilet paper
Toothpaste	Toothbrushes
N95 or N99 respirator masks	Floss
Bandages	Cold and flu OTC medication
Whole grain cereal	Rice
Beans	Frozen and freeze-dried food
Dehydrated fruit	Cooking oil
Laundry and dishwasher detergent	Plastic cutlery, plates and cups
Protein bars	Potato flakes
Juice powders	Tuna cans
Pasta	Dried fruit
Nuts and seeds	Honey
Popcorn	Sugar
Flour	Salt
Coffee	Tea
Multivitamins	Other beverages you enjoy
Hand-Crank NOAA emergency radio	Flashlights
Spare batteries	Solar charger
Offline copies of movies, TV shows, ebooks etc.	Board games
Candles	Lighters
Books	Means to protect yourself
Extra socks	Extra underwear
Extra trash bags	Cash