

3 Hours Until S.H.T.F.: What You Should Hoard

canned foods	peanut butter
nuts and seeds	condiments
protein / energy / granola bars	trail mix
instant potato flakes	dehydrated fruit
cooking oil	MREs if you have the money and you can find them
powdered milk	oats
beans	rice
flour	bottled water
food with a short shelf life, too (you can eat it over the next few days)	medicine and first aid supplies
fuel, motor oil, transmission fluid, in case you're bugging out	auto parts, especially fuses, clamps, hoses, etc. for making repairs
barricade supplies such as lumber, screws, plastic, and nails	pet food
Paracord	anything needed to protect yourself and your home
toilet paper	Feminine hygiene products
Flashlights, headlamps, and lanterns	Batteries in a variety of sizes (preferably rechargeable)
Trash bags	
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