

List of suggested supplies

Drink

Water (for drinking, cooking, hygiene)

Dried food

Dried dates

Dried fruits

Dried milk

Flour

Lentils

Pasta

Rice

Salt

Spices

Sugar

Other food

Canned beans

Canned chickpeas

Canned corn kernels

Canned tomatoes

Canned tuna

Chocolate cookies (Marabou/Fazer etc.)

Marmalade

Oil

Tea/Coffee

Equipment

Axe

Backpack

Batteries

Bicycle (at least 1 per family)

Detergent

Disposable plates/glasses

First Aid Kit

Flashlight and batteries

Gas stove and gas cylinders

Knife

Matches/Ignited steel

Plastic bags

Radio that can be charged with a crank

Saw

Soap and Shampoo

Shopping Trolley

Silver tape

Sleeping bag

Storm kitchen and fuel

Tent

Walkie Talkie

Medicine

Try to buy the medicine that you need for three months

Plants

Aloe Vera

Cactus

Snake plant