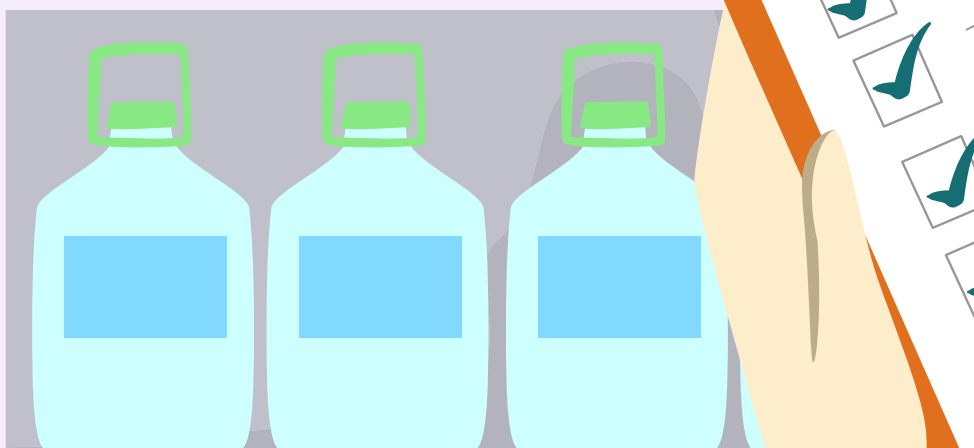
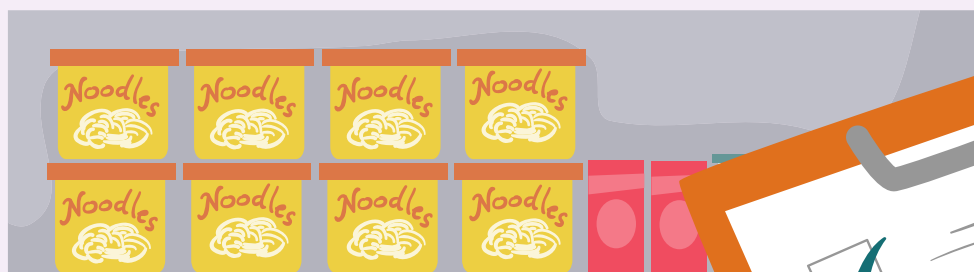


STOCKED!



Checklist

FOR BASIC HOME
PREPAREDNESS



Hey, there! I'M RACHAEL.

And I'm an unintentional homesteader.

I was born and raised in the suburbs of northern California. Then, shortly after we were married, my husband Bo and I relocated to the suburbs of Dallas, where we lived for more than 15 years. To say I was a lifelong suburbanite would have been an understatement. But things change.

In 2017, we purchased 20 acres of rural property in southwest Texas and began building our small homestead called Half Moon Ridge. (You can read more about how we became homesteaders [here](#).) In the years since we've been here, I've learned so much about growing and preserving food, making bread, raising laying hens, making candles and soap, and even a bit about beekeeping.

But I have a confession to make.

I wasn't very skilled or prepared when we lived in the suburbs.

If we had still been living in Dallas when the COVID pandemic hit, or when a massive state-wide freeze crippled our power grid, I would have been woefully unprepared. Sure, we probably would have had food in the house and money to buy things. But who could have predicted a nationwide shortage of toilet paper? Or no power or water for days on end? And as for the items that became unavailable almost overnight? I would have been screwed! I probably would have had two rolls of toilet paper, a few bottles of water and a half a case of Duralog fire logs on hand. Seriously.

And that's sort of an uncomfortable position to be in. When you realize you aren't as prepared as you thought. When you don't feel secure in your ability to provide for your family. When you don't have the things on hand that you need. And you're not sure when the shortages will end so you can get back to business as usual.

Can you relate?

Fortunately, living in the middle of nowhere has taught me a few things about being prepared. And I can teach you, too. In fact, I hope you enjoy this free checklist to help you prepare for the most common emergency situations.

After all, at its roots, homesteading is simply a state of mind. It's about being self-sufficient. It's about living sustainably. And, most of all, it's being confident and secure in our ability to provide for ourselves and our families.

If that sounds like what you're looking for, read on!

Hugs,
Rachael -the unintentional homesteader



Checklist



Use this handy, starter checklist to begin building a short-term stock of frequently-used items. As you get started, try to build a stock to provide for all the members in your household for one week.

Note: this checklist isn't meant to be comprehensive but will serve as a good foundation as you get started on your journey to a well-stocked home. Be sure to include any additional specific items that your family needs.

Food and Water

- One to two gallons of water per person per day (for drinking, cooking, and cleaning)
- Non-perishable and shelf-stable foods for breakfast, lunch and dinner and snacks/treats. Consider canned foods, shelf-stable packaged/prepared foods, dried food such as beans and rice, cereal and pasta, for each person in your household.
- Cooking oils, seasonings, condiments, sweeteners and staples such as flour and oats
- Multi-vitamins and supplements
- Foods for special needs such as baby food or food for those with special dietary needs
- Pet food

Household Supplies

CLEANING AND PAPER GOODS

- Toilet paper
- Paper towels
- Paper plates
- Plastic utensils
- Plastic wrap
- Aluminum foil
- Quart and gallon freezer bags
- Parchment paper
- Dish soap
- Manual can opener/bottle opener
- Cleaning supplies
- Laundry supplies
- Antibacterial wipes
- Trash bags

Personal Hygiene SUPPLIES

- Toothpaste
- Shampoo/conditioner
- Bodywash/soap
- Deodorant
- Shaving supplies
- Lotions
- Feminine products such as tampons or pads
- Hand sanitizer, wipes
- Specialized products as needed such as baby supplies including diapers, wipes, ointments, baby wash

Tools, Equipment AND OTHER SUPPLIES

- Solar chargers for electronic devices
- Lighter, matches
- Candles
- Flashlights
- Batteries
- Gloves
- Utility knife
- Basic tool box including: wrench, pliers, bolt cutters, screw driver, crowbar, saws

First Aid SUPPLIES

- Pain reliever such as aspirin or ibuprofen
- 91% rubbing alcohol
- Antibiotic cream
- Anti-itch ointment
- Nyquil or Zzzquil
- Multi-vitamins and supplements
- Children's versions of medications, if needed
- Bandages
- Sterile pads
- Medical tape
- Thermometer
- Tweezers
- Eye drops
- N-95 masks
- Disposable plastic/nitrile gloves
- Prescription medications for all family members
- Extra glasses/contact lenses (and contact lens solution)
- Hearing aids/batteries
- Supplies that accompany certain conditions, such as syringes for insulin-dependent diabetics
- First aid book
- Medications and supplies for pets

Once you have your one-week stock in place, fill out all the categories beyond the basics and expand your stock to last for two months.

need more help?

This easy-to-implement checklist should help you begin to develop a well-provisioned pantry. But sometimes we can all use a little extra help and a little hand-holding. Luckily, when it comes to stocking up and a learning how to live a more self-sufficient life, we've totally got you covered! Our resources are designed to help you develop a simpler and more self-reliant lifestyle.



Here are some resources you may want to consider:

Stocked!

A Three-Day Challenge to Build a One-Week Emergency Pantry

Stocked!

A Blueprint for a Well-Prepared Home and Life

If you're truly ready to ensure you have a well-stocked home, I encourage you to check out these resources.

In the meantime, don't be afraid to start with the first small step—work on building an emergency stockpile. Then, let that first quick win motivate you to take the next, slightly bigger step.