SUPPLY CHECKLIST FOR SHELTERING IN PLACE

It's never been more important to stay at home. Here's what you should get to stay safe and comfortable.

1 DRY GOODS
- Rice
- Beans
- Pastas
- Soups
- Cereal
- Canned fish
- Canned Fruits
- Canned Vegetables
- Nuts
- Crackers
- Olive Oil
- Flour
- Peanut Butter
- Granola Bars
- Dark Chocolate

2 FREEZER & FRIDGE ITEMS
- Vegetables
- Fruits
- Meat
- Bread
- Hard Cheese
- Eggs
- Milk

3 MEDICATIONS
- Pain Relievers
- Cold & Flue Medications
- Vitamins
- Extra Supply of Prescription Medications

4 PAPER PRODUCTS
- Toilet Paper
- Paper Towels
- Napkins
- Trash Bags

5 CLEANING SUPPLIES
- Disinfectant Wipes
- Hand Sanitizer
- Laundry Detergent
- Dish Soap
- Dishwashing Detergent

6 TOILETRIES
- Shampoo
- Conditioner
- Bath Soap
- Deodorant
- Toothbrush
- Toothpaste
- Feminine Hygiene
- Incontinence Pads

7 EMERGENCY ITEMS
- BandAids & First Aid Items
- Extra Batteries
- Flashlight
- Face Masks
- Latex Gloves

8 ENTERTAINMENT
- Reading Material
- Puzzles
- Games