

DOOMSDAY PREPPING LIST: THE ULTIMATE GUIDE TO SURVIVAL IN A GRID-DOWN SITUATION

Doomsday Prepping List Category #1: Food



- **Freeze Dried Food** – I'm sure many of you already have this as part of your long term survival list of foods, but it goes without saying that the dehydrated camping food that a lot of backpackers use, is one of the easiest foods to store and you know that it's going to last a very long time. You should also try the freeze-dried chicken and other meats.
- **Canned Food** – Canned food is another essential food item that can easily be stored in your pantry, or your garage (if it doesn't get too hot) for eating down the road.
- **Rice** – Rice is a great carbohydrate and will fill you up during those hard times. This is one commodity I would stock up on quite a lot of.
- **Canned Beans** – Beans are a great source of protein and store well in the pantry for at least 3-5 years. they are easy to manage and you can rotate them in your food supply over time.

- **Pemmican** – Pemmican is not the best-tasting food in the world, but you will love it if you are starving and there is no other food around. If you are not familiar with pemmican, it's simply a mixture of traditionally large wild game such as deer, bison, or elk, berries, and fat. It's the food that our [ancestors used to eat](#) along the fur trade routes when there was nothing else.
- **Rolled Oats** – Rolled oats are a staple and are really tasty for a preppers breakfast. You will find varying opinions on how long that rolled oats will store from, but just know they are one of those hardy foods that will do well in a prepper's pantry.
- **Cooking Oil** – Cooking oil is a must-have when you are cooking. You have to think of every possible scenario that you are going to be faced within any given survival situation. You may be out of electricity, more than likely, and need to cook a meal over an open flame. Cooking oil comes in handy so that you won't ruin your pans and that you have something to cook your food with.
- **Sugar**– Sugar is a great sweetener and stores almost forever if you store it properly. Believe it or not, you can also use it to start fires with, so it serves a few purposes that will come in handy.
- **Honey** – Honey is a wonderful sweetener and it also has [healing benefits](#) as well.
- **Lentils**– Lentils are another bean that is high in fiber and protein. Lentils will last a very long time and you can store them in buckets in a garage, bunker, or bug out location.
- **Hardtack** – This is one of the simplest foods you can have on hand. It's not as tasty as other items on this list, but it is a simple thick, cracker-like food that is easy to make with flour, water, and salt.
- **Powdered Milk** – Powdered milk you might call a luxury in a survival situation, but it pretty much lasts forever and it's great to have as a food supplement for any meal.
- **Pasta** – Another great source of carbohydrates. All you need is some boiled water and you can have an easy, quick, long-sustaining meal.
- **Potato Flakes** – Potato flakes make it easy to make some quick and delicious mashed potatoes.
- **Tea** – Tea is a nice treat to have in the morning. It's also on this list because of its long shelf life and makes for a fantastic prepper food item.

- **Salt** – Salt is a wonderful staple to stockpile and have on your essential doomsday prepper list. You can never get enough and it has so many uses that you'll never out of things to use it for.
- **Instant Coffee** – Instant coffee will last up to 20 years in your pantry but can last forever if you store it in the freezer. I know that many of you reading can't live without your morning coffee, so among the chaos that will be going on, your instant coffee supplies might give you just that bit of comfort you are looking for.
- **MREs** – Meals Ready To Eat (MREs) are different than dehydrated foods, and I think sometimes people who are new to prepping may not understand the difference. [MREs](#) are ready to eat right out of the bag, whereas the dehydrated meals you have to add water first.
- **Survival Seeds** – Survival seeds are not necessarily a food, but they can grow into that and become a vital source for you and your family over time. Check out these [survival seed vaults](#) on Amazon that you can store and plant later.
- **Mylar Bags** – Mylar bags are important to have so that you can properly store your food preps. You also should have some good moisture absorbers to keep moisture out of your food storage bags.
- **Food Grade Buckets** – These go hand in hand with Mylar bags in that they are another way to store food in bulk. Depending on what food you are storing long term, once you seal the food item in a mylar bag, you can then seal the mylar bags in the [food-grade buckets](#) as a double layer of protection from bugs and moisture.

Doomsday Prepping List Category #2: Water



Water can be stored, collected, and filtered in a variety of different ways, so you will want to make sure you familiarize yourself with the methods that will work best in your situation.

- **Water Storage Containers** – Water storage containers come in a variety of different sizes. You can choose [5-gallon](#), [50-gallon](#), or [55-gallon](#), etc. It really depends on if you live in the suburbs, where you have some land available, or if you live in the city, where you will be storing water in your garage. If you are lucky and live on a ranch, you may even have a huge water storage tank where you have enough water for you and your family for quite some time.
- **Water Buckets** – Having 5-gallon buckets around won't be necessarily used for storage as much as they will use for hauling water from one place to another.
- **Water Filtration** – Having a proper water filtration system is extremely important because if you run out of water and are forced to drink out of lakes or ponds, you can filter the water using any small device, such as the [Sawyer mini filtration system](#), easily and quickly. There is a lot more to talk about on this subject that isn't discussed here, but you can find in other areas of this website.
- **Water Purification** – Purifying water is different than filtering water in the sense you are doing something to the water such as adding chlorine, iodine tablets, or boiling the water. It is important to know exactly how to purify water, but I've found one of the easier ways to do this is to simply buy some iodine tablets to put into your water bottle.
- **Charcoal** – Charcoal should be an essential in your bug out bag because it's small and portable and can be used to filter water from anywhere. You can learn how to make your own [charcoal water filter](#) easily and then feel comfort in knowing at any time you will be safe.
- **Chlorine** – Household bleach will kill most pathogens that can cause you harm. You will add about [2 drops of chlorine for every 4 cups of water](#). It may be easier to just [buy chlorine tablets](#) and read the directions on the package.

Doomsday Prepping List Category #3: Communication



- **Emergency Radio** – Emergency radios are little AM/FM radios with NOAA weather tuning capabilities that are great for any situation where you are essentially cut off from any form of communication from the outside world. Emergency radios will allow you to stay on top of what’s going on in the outside world. There are several choices to choose from but if you are looking for the [best emergency radio on the market](#), you can read an article we wrote specifically about this [here](#).
- **Ham Radio**– If you are great at building things and love electronics, you may already have a ham radio. It’s a great hobby and people use them to communicate across town, in other states, and even across the world.
- **Walkie Talkie** – Walkie talkies are essential for communicating with each other during times of chaos. They are great to have in your bug out bag and each member of your family should have one.

Doomsday Prepping List Category #4: Gear



Survival gear can be a lot of different things, but when we think of gear, we think about the things that we can carry with us, either on our backs or in our bugout bags perhaps. It's a little different than tools, which you will see we have laid out in another separate section below.

- **Backpack**– Having a good, sturdy backpack for essential items is important. I'm not talking about the typical school backpack, I'm talking about the [hiker's](#)

[backpacks](#) or a good [military-style backpack](#) that's sturdy and rugged. You may find yourself in need of one of these if you have to leave your house quickly and find yourself hoofing it across town to a safer area, or bugging out to the mountains.

- **Paracord** – Having some good rope, or [paracord](#), to use for emergency situations is paramount. There are a ton of different uses for paracord, so make sure you familiarize yourself with them and use them accordingly when needed.
- **Ziplock Bags** – this will help keep your tinder dry, collecting water, and storing food.
- **Compass** – Knowing where you are going and knowing how to navigate is essential to any situation. Getting a base-plate or [military-grade lensatic compass](#) is a good item to have just in case you find yourself stuck in an unfamiliar place.
- **Paper Maps**– Paper topographical maps are important for understanding the terrain of mountains. This allows you to know what you'll be facing if you should have to go to unfamiliar territory in the mountains.
- **GPS Navigation**– There are several brands of [GPS navigation devices](#) on the market, [Garmin](#) being one of the most reliable and popular. Get yourself a good one just to have on hand for any situation.
- **Cookware & Utensils (pots, pans, forks, spoons, plates)** – These are items that will make it a little easier to eat the prepping food you've so carefully stored away. Although it's probably considered a luxury if sh*tf, it sure makes life during those times a little easier to bear.
- **Flashlights**– You must have light if the power goes out. Flashlights are the easiest way to ensure you will always have some kind of light to navigate your way around if you should be in a short-term or long-term power outage. Try the [Professional Police Flashlight by SLK](#). It's got 4000 Lumens that will shine brighter than most flashlights on the market.
- **Batteries** – Talking about flashlights brings me to the next logical gear that you need to have – batteries. As a prepper, batteries are essential for many of your electronics. Batteries can last [quite a long time](#) under normal storage conditions.
- **Headlamps** – [Headlamps](#) are great to have when you are on the move. They are great in survival situations because you will be doing a lot of manual labor due to power outages or keeping things running around the house or if you are living out in the country.

- **Lanterns**– Another light source to have around are lanterns. these will provide you with light around the house at night.
- **Candles**– Candles are good for light as they can be cheap and can last forever. You don't have to worry about batteries going out, or any other type of power source failing you.
- **Glow Sticks** – Glow sticks are a great item to have in a prepper bug out bag due to their portability. Granted, they won't give off the light that a flashlight will, and that's not the goal, but they will give you some light in dark times in case a flashlight isn't around.
- **Emergency Whistle** – An [emergency whistle](#) can come in handy if you get caught in a situation where you find yourself lost or trapped somewhere.

Doomsday Prepping List Category #5: Clothes



- **Hiking Boots**– You must have a good pair of hiking boots when you are preparing for disaster. As mentioned above, you will most likely find yourself

working outside to do tasks such as collecting firewood, chopping wood, hiking to get water if necessary, building shelter, or whatever is necessary to keep on living until things get back to normal. Tennis shoes are nice and comfortable, but they won't cut it in the outdoors.

- **Rain poncho** – A definite must during the winter months. It's so much nicer to keep dry than have to be wandering around in wet clothes.
- **Wool Socks**– Wool socks are good to have for the wintertime. They not only will keep your feet warm, but they will also help prevent blisters from forming if you find yourself hiking for long distances.
- **Down Jacket**– Investing in a nice down jacket, such as a [North Face jacket](#), will help keep the wintertime chills away. You can never predict what type of situation will be in once a collapse in order happens in your city.
- **Cargo Pants**– Cargo pants are much better to have than jeans. They are more durable and comfortable when working.
- **Bandana**– Bandanas can be used for several things, but they are good to help keep the dust out of your eyes and your mouth. They can help keep the sun off of your head as well. Check out this handy [survival bandana](#) that shows diagrams on starting fires, water filtration, signaling, and much more.
- **Gloves**– Since you will be a lot more work outside, you will want to keep your hands from forming blisters. They will also help keep your hands clean while you are out gardening, and harvesting your own crops.
- **Beanie**– A beanie will help keep your warmth in because most of our heat escapes from our heads.
- **Layered Clothing**– We all have lots of old t-shirts laying around the house. Make sure not to throw those away. Keep clothing that you can layer because, in disaster situations, you aren't going to have the luxury of carrying your entire wardrobe around with you.
- **Underwear**– Of course this goes without saying, but just make sure you have some spare, unopened packs.

If you decide to go with the DIY version of an emergency kit, there are lots of brands to choose from such as [Curaplex](#), [Sustain Supply Company](#), [North American Rescue](#), [Line2design](#), and many more. So what is the right option for you? Well, the decision is really up to you. Just make sure that whether you buy a [pre-packaged emergency kit](#), or decide to put one together by yourself, make sure you have the essentials listed below.

Also, keep in mind the number of people that you might need medical supplies for, as well as that the emergency kits that you find online typically are smaller and will only cover you for a little while. So make sure you read our guide on the [best emergency survival first aid kits](#) to make sure you choose the right one for you and your family.

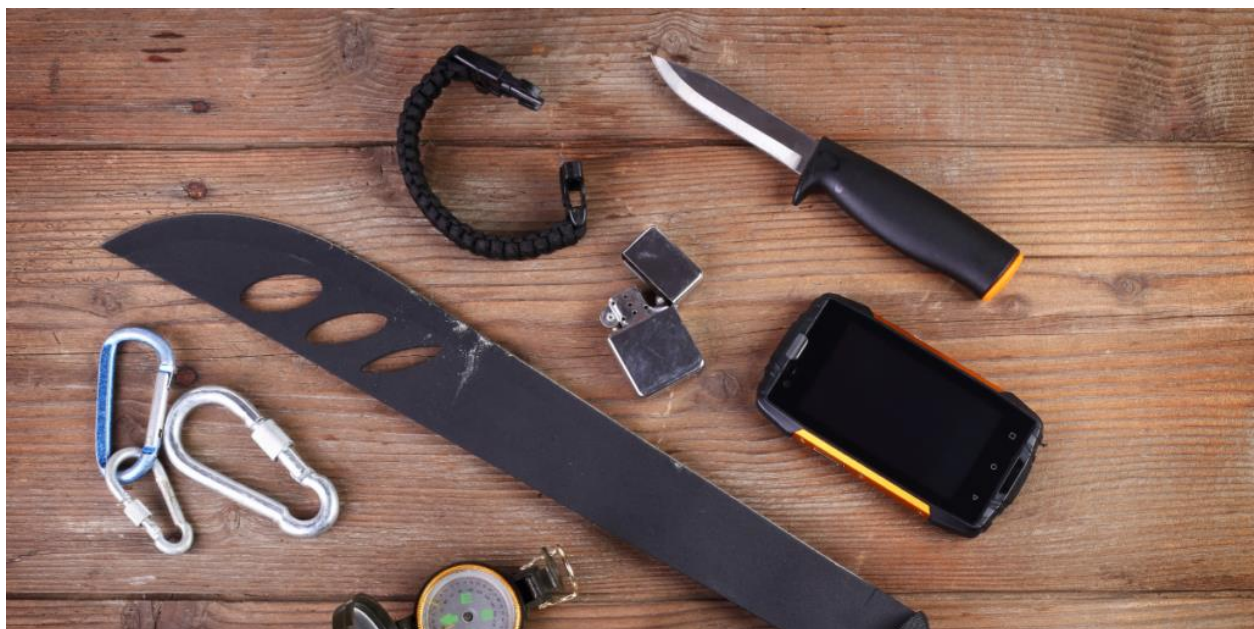
You need to have a backup of supplies or something that can handle bigger issues such as lacerations, broken bones, bullet wounds, etc. Again, you will be doing much more manual labor, or possibly be forced to defend your home, and something could go wrong.

- Antiseptic
- Rubbing Alcohol
- Mosquito repellent
- Sunscreen
- First Aid Bandages
- Penicillin
- Personal Medications
- Tourniquets
- Wound Dressings
- [Curaplex Naloxone Kit](#)
- Aspirin
- Eye Cup
- Eye Wash
- Imodium (for diarrhea)
- Vaseline or Bag Balm
- Snake-bite kit
- Thermometer
- Kelly Clamps for removing debris from wounds
- Safety pins
- Nitrile gloves
- Moleskins with padding
- Adhesive tape
- Rolled gauze
- Ace Bandages
- Combine dressings
- N-100 Face mask for filtering bad particles

- Fluids like Pedialyte
- Lidocaine
- Syringe
- Suture needle and thread
- Dental Medical Kit

One of the better blogs in the industry on the topic of survival medicine is [The Survival Doctor](#). I highly encourage you to check it out to learn more about this important topic.

Doomsday Prepping List Category #7: Tools



- **Ax** – This is always one of the first items on our list of the most important tools in your tool kit. This will come in handy for just about everything you can imagine, the most obvious being for chopping wood if you don't have a handsaw or chainsaw. Make sure to read our article about [how to choose the best survival ax](#). It will help you determine which one is the best one for you.
- **Knives** – We could write a whole blog on just the subject of knives, and indeed there are tons of websites just focusing on [survival and outdoor knives](#), but for this post's purposes, just make sure to have a good-blade knife.
- **Fivejoy Folding Shovel Multitool** – This is probably one of the most comprehensive shovels we've come across. you can use this not only for digging but for several other uses such as an ax, a hammer, a whistle, a bottle opener, a saw, and several other useful things.

- **Duct Tape** – There’s nothing better than having some duct tape around the house. Its uses are infinite and you don’t want to be caught in a shtf situation without it. It’s easy to stockpile and store, so don’t be shy.
- **Paracord Grenade Survival Kit** – This handy little [paracord granade survival kit](#) has several tools in one nice, neat package and would be a great addition to anyone’s bug out bag.
- **Regular wood matches**– You can find these at any grocery store. It’s best to have a combination of the [long-stem matches](#) along with the simple matchbooks that we are all used to.
- **Storm matches**– You need to have some good storm matches that you can strike anywhere and at any time, and in any weather condition. Some of our favorites include the [Firefast waterproof firestarter](#) and the [UCO Stormproof Match Kit](#).
- **Bolt Cutters** – These can come in very handy in urban survival situations if you are trying to flee from your home to get across town and run into a chain-link fence. You can also use it to confiscate a bike that is tethered to a bike rack.
- **Butane lighters** – Butane lighters are more of a convenience than using regular matches. But these won’t always be reliable in all situations and butane lighters will only last for so long.
- **Flints** – It’s good to have a nice flint to start your fires with. Most of the time you can conveniently get them in kits such as the [Premium Ferro Rod Firestarter Kit](#).
- **Ferrocium Rod** – Besides have a fire starter kit, it’s nice to have the actual ferro rods available as a backup as well.
- **Paracord** – An indispensable piece of a prepper’s list should be having plenty of paracord on hand. You can even get a paracord bracelet that has cool gadgets that can come in handy during emergency situations.
- **N95 Respirator Dust Mask’s** – It’s a good idea to have some [dust masks](#) as you might be dealing with unforeseen circumstances such as bad air quality. Protecting your lungs from foreign particles in the air is important to your overall, and long term health.
- **Safety Goggles**– If you are outside working, safety goggles are always good to have.

Doomsday Prepping List Category #8: Defense



- **Shotgun** – Having a shotgun is probably the best home defense weapon you can own. Personally, mine lays underneath my bed, along with a baseball bat.
- **Rifle** – Rifles are used for shooting long distances. Having a rifle is good for hunting large game such as deer. Make sure you have a rifle and take some lessons shooting one because it won't do you any good if you have one but don't know how to shoot it.
- **Knives** (folding and straight edge) – Knives are a must-have on this survival gear list. Don't just have one, have several. And know how to throw them and use them as a self-defense weapon. If you notice, I put the knife in both the "tools" and the "self-defense" category because it fits in both.
- **Handgun** – Handguns are great weapons that can be concealed with a proper permit. But in the collapse of society, a handgun will prove to be a nimble weapon, granted that you know how to shoot it, in a defensive situation.
- **Pepper Spray** – Pepper spray is great to have to deter assailants quickly so that you can get away. Always have some [pepper spray](#) packed in a bug out bag, but make sure you store it away from heat.

- **Ammunition** – make sure you have an adequate round of ammunition for the guns that you have. Without ammunition, you can't defend your homestead.
- **Explosives for guarding the perimeter of your property** – Homemade explosives can be found anywhere online. They can be easy to make and can be very useful in setting up a perimeter around your property to deter people from coming in and trying to steal your food.
- **Surveillance Cameras** – Technology has improved vastly over the years, and it is easier than ever to find an affordable surveillance system for your property. This way, if you are held up in your house for an unknown amount of time, you will be able to see who is outside your door, or who comes snooping around the backyard using a surveillance camera set up. I recommend something that has [motion sensor lights](#) along with the cameras as well.

Doomsday Prepping List Category #9: Personal Hygiene



Keeping clean when there's no running water, flushing toilets, or showers can come with its own set of challenges. It's extremely important to keep as clean as possible so that we don't get sick from bacteria or other nasties that could be lurking in the dirt, the grime, the sweat, and whatever else.

Body odor can be extremely pungent during these times, so you want to try and keep your stench under control! These are real-life things that you will have to deal with in harsh situations, so make sure you try and stockpile some of the below items.

- **Toilet Paper** – Toilet paper is a must, but you can get these [smaller rolls](#) that would be great for your bug out bag or backpack because it's not as bulky as the regular size.
- **Baby Wipes** – great for cleaning your hands and your face quickly and all of those other hard-to-reach places.
- **Hand sanitizer** – good to keep some of the bacteria and germs at bay.
- **Toothpaste** – Toothpaste has several benefits, but the most important is keeping your teeth and gum health in check when there isn't a dentist around. One of the worst issues you could have, and not to mention most painful, is to have cavities or root problems because of the pain and damage it can do long term. Therefore, make sure you have plenty of toothpaste stocked up. You'll be happy to know that toothpaste can [last up to 2 years](#), which hopefully should get you through a disaster period until you can go back to the grocery store to get more.
- **Mouthwash** – If you should run out of toothpaste, mouthwash could prove to help in reducing cavities and keeping your breath a little fresher.
- **Toothbrushes** – Toothbrushes are easy to stock. Make sure to have enough for each one of your family members.
- **Soap** – Don't forget the soap. It will be your best friend if you are in a survival situation for a long time.
- **Lotion** – Your skin can get cracked and itchy, especially if you're going to be doing more work outside. Make sure to have some good lotion stored.
- **Shampoo/Conditioner** – You are going to hate not washing your hair, especially for women. It's not that you aren't going to be fashionable anymore – all of that flies out the window quickly. Your hair will quickly become knotted and full of dreadlocks. Either keep your long hair braided, or cut it off if you have to. But

having shampoo and conditioner would greatly help you with keeping the dirt and tangles away.

- **Razors** – This will help you not only smell better, but it helps keep your sanity. Women are naturally at a disadvantage here and will want to keep as much hair from growing as possible. Disposable razors should work just fine in this situation. For men, it may be a little different since you are shaving your face and you may need a little bit more advanced razor so you don't tear your face up. With that said, you may want to stock up on some shaving cream and keep in a cool, dry place. Again, this all seems like a luxury – and it very well might be – but depending on the situation and how long you are out of normal supplies, razors will definitely help.
- **Waste Bag** – these will be to line the inside of the toilet bucket
- **Toilet bucket with a toilet seat** – The subject of waste is not a desirable one, but it must be talked about because if not done properly, disease can stem from improper planning. This essentially is a plastic 5-gallon bucket that you stick a ready-made toilet seat on top. Luckily Amazon has an awesome [Survival Toilet kit](#) you can purchase that includes everything you need.
- **Sanitary Napkins** – Sanitary napkins will be essential for the women in your family. Make sure you are stocked up on these depending on how long you feel you may be out of civilization.

Doomsday Prepping List Category#10: Power



It's probably safe to say that if a collapse in order happens in your city, the power might be out, your light sockets won't be working, and the light switches on your walls will just become wall art. Below are some alternative sources that can help small some of the smaller devices that will help you get through a crisis.

- **Solar chargers and battery chargers** – One of your best solutions is to have a collection of rechargeable batteries and some solar battery chargers to keep them going. Having a solar system in place, some panels, and a deep cycle 12-volt battery, a charge control, and an inverter should a great solution a well. Obviously, it would be the best solution to have your entire house covered in solar panels, along with a battery storage system, but this isn't always possible to a variety of different reason.

- **Portable Generators** – [Portable generators](#) can help tremendously in a power outage. There are many different varieties on the market so make sure to check out the reviews we did on some of the best portable generators on the market.

Doomsday Prepping List Category #11: Guides And Books



It's always important to have reference books on hand so that when you come across certain situations, you will know what to do. The below books should find a permanent place in your survival and prepping library.

- [Field Guide to Medicinal Plants and Herbs](#)
- [How To Stay Alive In The Woods](#)
- [US Army Special Forces Medical Handbook](#)
- [Where There Is No Doctor](#)
- [Where There Is No Dentist](#)
- [Bushcraft 101](#)
- [Merck Manual](#)
- [Tarascon's Pharmacopea](#)
- [The Survival Medicine Handbook](#)
- [How To Eat In The Woods](#)

Doomsday Prepping List Category #12: Shelter



It's vital that you are able to find or even make shelter, in disaster situations. If you are forced to go out on the road on foot, with only your bug out bag and backpack, you'll have to know what to look for to make that shelter.

- **Tarp** – It's always a good idea to have a few good tarps stored. These can be used to cover your area and shield it from the rain, or you can use the tarp as flooring, to keep you and your family out of the dirt.
- **Sleeping bags** – Sleeping bags are more for warmth than anything. In the summertime, it can get really hot, but in the wintertime, having a nice sub-zero temperature sleeping bag can save your life. Make sure to read my sleeping bag review to get a better idea of what to select for your situation.

- **Tents** – Tents are great to have for shelter. They make for a quick and easy home if you are caught in difficult situations. If you are like me and live close to the mountains, camping tents are already plentiful in my family.
- **Air Mattress** – Sleeping on the ground isn't too comfortable. You have to remember that you may be stuck in a situation where you can't get back to normalcy for quite some time. Make sure to have a [good air mattress](#) to keep you comfortable.
- **Blankets** – Blankets are smart to have on hand to keep warm during the winter. Keep wool blankets on hand as they are best for multi-use purposes and the most durable.

Doomsday Prepping List Category #13: Pets



Our pets are like our children. We wouldn't think about bugging out without them unless it was a life or death situation. But what that means is you now have an extra mouth to feed, plus it's not a human mouth! Below are some essentials that should be stocked up on for your pets.

- **Pet Food** – This is an obvious one, and it's easy to store in your garage. Dry dog food can last [around a year](#), so you may need to rotate the dog food as you are prepping.
- **Pet Medications**– Many pets, such as senior animals, might need special medications to help them get through the pain, or even to survive. If these medications are cut off, then you may have some serious issues on your hands. You may want to try and discuss your goals with your vet and see if they would be willing to break the rules a bit for you.
- **Pet Emergency Kits** – Believe it or not, you can buy your dog or cat a [pet emergency kit](#). These are great to have around just in case something happens as you're traveling.
- **Pet bowls and water dishes**– Just like having plates and utensils for yourself and your family, you may want to make sure you have a few bowls and water dishes for your pets.
- **Flea and Tick Medications** – This is something you can get over the counter but these have short shelf lives. It's not a life or death situation for your pet, but it would certainly keep them more comfortable.
- **Pet Shampoo** Have some shampoos on hand if you have dogs so that you can keep them somewhat clean during the duration of the unrest.
- **Extra leashes and collars** – Just in case something happens to your dog or cat's current leash or collar, you want to have a backup.
- **Dog or cat crates** – These will become important if you have to scoop the cats up in a hurry and put them into a bug out vehicle. Dogs will more than likely happily jump in your bug out vehicle just about anywhere. If your dog is a "runner", then make sure you have a dog crate to place him/her in so that you can quickly load them in a vehicle.

Conclusion

We hope this list has helped you get an idea of what will be needed on your prepping journey. Everyone is going to have different priorities, but the hope is to get many of the basics on this list first.

Remember that you can never truly predict what exactly is going to happen in a grid-down or “shtf” situation. All we can do is try to better prepared so we can survive as long as possible if we are forced without food, water, or shelter and the comforts of home.

Good luck with your prepping journey!