

75 items to stockpile before the collapse

75 items to stockpile before the collapse are essential for ensuring safety, sustainability, and comfort during any prolonged crisis or societal breakdown. Preparing in advance with the right supplies can make a significant difference in survival and well-being. This comprehensive guide outlines the most critical categories of items, including food, water, medical supplies, tools, and other necessities. Each section delves into specific essentials that should be considered to build a well-rounded stockpile. Whether preparing for economic instability, natural disasters, or other emergencies, understanding what to prioritize is key. This article provides a detailed inventory and practical advice to help create a reliable preparedness plan.

- Food and Water Supplies
- Medical and Health Essentials
- Tools and Equipment
- Clothing and Personal Care
- Safety and Security Items
- Miscellaneous Survival Gear

Food and Water Supplies

Securing a sufficient and diverse supply of food and water is fundamental when stockpiling for a collapse scenario. Long-lasting, nutrient-dense items ensure energy and health when access to fresh food is limited or nonexistent. Water is equally critical, both for drinking and sanitation.

Non-Perishable Food Items

Non-perishable foods provide a reliable source of calories without the need for refrigeration. Stockpiling a variety of these items is essential for nutritional balance and taste variety.

- Canned vegetables and fruits
- Canned meats, such as tuna, chicken, or beef

- Dried beans and legumes
- Rice, including white and brown varieties
- Oats and other whole grains
- Powdered milk or milk alternatives
- Peanut butter and nut butters
- Freeze-dried or dehydrated meals
- Cooking oils such as olive oil and vegetable oil
- Honey and sugar as natural sweeteners

Water Storage and Purification

Having ample clean water and means to purify additional sources is indispensable. Stockpiling water and purification tools ensures hydration and reduces risk of waterborne illness.

- Bottled water in sealed containers
- Water purification tablets or drops
- Portable water filters suitable for various contaminants
- Large water storage barrels or tanks
- Collapsible water containers for portability

Medical and Health Essentials

Maintaining health during an extended crisis requires a well-stocked medical kit and essential health supplies. These items can address injuries, illnesses, and chronic conditions when professional medical care is unavailable.

First Aid Supplies

A comprehensive first aid kit is vital for treating wounds, burns, and other minor injuries promptly and effectively.

- Bandages in assorted sizes
- Antiseptic wipes and solutions
- Gauze pads and adhesive tape
- Sterile gloves
- Scissors and tweezers
- Pain relievers such as ibuprofen and acetaminophen
- Antibiotic ointments
- Burn cream and aloe vera gel
- Thermometer

Medications and Supplements

Stockpiling essential medications and supplements can prevent complications and support overall health during disruptions to pharmaceutical supply chains.

- Prescription medications (with proper storage and legal compliance)
- Over-the-counter cold and allergy remedies
- Vitamins and dietary supplements
- Electrolyte powders for hydration
- Digestive aids such as antacids and anti-diarrheal medicines

Tools and Equipment

Having the right tools and equipment can facilitate shelter building, food preparation, and maintenance tasks during a collapse. Durable, multi-purpose items enhance efficiency and reduce reliance on external resources.

Basic Hand Tools

Essential hand tools are necessary for repairs, construction, and survival-related tasks.

- Multi-tool with knife, pliers, and screwdrivers
- A sturdy fixed-blade survival knife
- Hammer and nails
- Screwdrivers and wrench set
- Axe or hatchet for cutting wood
- Handsaw or folding saw
- Shovel for digging and clearing debris

Cooking and Heating Equipment

Reliable cooking and heating solutions are necessary for food preparation and warmth, especially when electricity or gas is unavailable.

- Portable camping stove with fuel
- Cast iron skillet and lightweight cookware
- Matches and lighters (including waterproof options)
- Candles and lanterns for light
- Firestarter kits such as ferro rods
- Insulated thermos for hot beverages

Clothing and Personal Care

Appropriate clothing and hygiene supplies are important for health, comfort, and protection from the elements. Stockpiling durable clothing and personal care items helps maintain cleanliness and morale during difficult times.

Durable Clothing and Footwear

Clothing suitable for varying weather conditions and rugged use is critical for survival and comfort.

- Weather-resistant outerwear such as rain jackets

- Thermal underwear and socks
- Sturdy boots or shoes
- Gloves and hats for warmth
- Quick-drying and moisture-wicking fabrics

Personal Hygiene Supplies

Maintaining hygiene reduces the risk of illness and promotes well-being during extended periods without access to modern conveniences.

- Soap and hand sanitizer
- Toothbrushes and toothpaste
- Feminine hygiene products
- Disposable razors
- Wet wipes and toilet paper
- Small towels and washcloths

Safety and Security Items

Protecting oneself and one's supplies is a critical aspect of preparedness. Stockpiling security-related items helps deter threats and maintain safety in uncertain conditions.

Personal and Home Security

Security preparedness includes tools and accessories that enhance safety and provide peace of mind.

- Flashlights with extra batteries
- Personal alarms or whistles
- Fire extinguishers
- Locks and padlocks

- Self-defense items compliant with local laws
- Security cameras or motion sensors (if power allows)

Communication Devices

Reliable communication methods are vital for coordination and alertness during emergencies.

- Battery-powered or hand-crank radios
- Walkie-talkies or two-way radios
- Extra batteries and charging options

Miscellaneous Survival Gear

Certain additional items greatly enhance preparedness by providing convenience, comfort, and versatility in survival situations.

Navigation and Documentation

Knowing one's location and maintaining important documents can be critical during a collapse scenario.

- Paper maps of local and regional areas
- Compass for navigation
- Waterproof document holders
- Copies of personal identification and important papers

Other Useful Items

These items provide practical benefits and aid in various survival tasks.

- Duct tape for repairs
- Paracord for multiple uses

- Trash bags for sanitation and storage
- Notebooks and pens for record keeping
- Tarps and plastic sheeting for shelter
- Solar chargers for small electronics

Frequently Asked Questions

What are the top 5 essential items to stockpile before a collapse?

The top 5 essential items to stockpile before a collapse include water, non-perishable food, medical supplies, batteries, and hygiene products.

Why is it important to stockpile water before a societal collapse?

Water is crucial for survival as it is needed for drinking, cooking, and sanitation. Stockpiling ensures you have a safe and reliable source when regular supplies are disrupted.

Which types of food are best to stockpile for long-term storage?

Canned goods, dried beans, rice, pasta, freeze-dried meals, and powdered milk are excellent for long-term storage due to their long shelf life and nutritional value.

How much water should one stockpile per person for a collapse scenario?

It is recommended to store at least one gallon of water per person per day, ideally a two-week supply, totaling 14 gallons per person.

What medical supplies should be included in a stockpile before a collapse?

A good medical stockpile should include first aid kits, prescription medications, pain relievers, antiseptics, bandages, gloves, and any necessary personal medications.

Are tools important to stockpile before a collapse? If so, which ones?

Yes, tools are important. Essential tools include knives, multi-tools, hand saws, axes, shovels, and basic repair tools for maintaining shelter and equipment.

How can hygiene products help during a collapse and which should be prioritized?

Hygiene products prevent disease and maintain health. Prioritize soap, hand sanitizer, toothpaste, toothbrushes, feminine hygiene products, and disinfectants.

Should fuel be stockpiled before a collapse? What types are recommended?

Yes, fuel is critical for heating, cooking, and transportation. Recommended types include gasoline, propane, and diesel, stored safely in appropriate containers.

What are some useful items for light and power during a collapse?

Flashlights, solar-powered lanterns, batteries, rechargeable power banks, and candles are useful for light and power when electricity is unavailable.

How can one effectively rotate stockpiled items to avoid spoilage?

Use a first-in, first-out (FIFO) system by labeling items with purchase dates and regularly using and replacing older items to keep the stockpile fresh and viable.

Additional Resources

1. *The Prepper's Pantry: 75 Essential Items to Stockpile Before the Collapse*
This comprehensive guide provides a detailed list of must-have supplies for anyone preparing for societal collapse. It covers food, water, medical supplies, and tools, emphasizing long-term sustainability. The book also offers practical advice on storage techniques and rotation to keep your stockpile fresh and ready.

2. *Survive and Thrive: 75 Critical Supplies to Secure Before Disaster Strikes*
Focused on practical preparedness, this book outlines 75 essential items that will help you survive in various disaster scenarios. It includes tips on

selecting quality gear, rationing supplies, and maintaining morale during tough times. The author draws on real-life experiences to provide actionable advice for preppers at all levels.

3. *Stockpile Smart: A Strategic Approach to Gathering 75 Vital Survival Items*

This book takes a strategic look at stockpiling, helping readers prioritize and organize their supplies efficiently. It details how to balance quantity with quality, ensuring you have the right items without unnecessary clutter. The guide also explores budgeting for prepper gear and how to adapt your stockpile as your needs change.

4. *Ready for Anything: The Ultimate 75-Item Checklist for Collapse Preparedness*

A practical and easy-to-follow checklist, this book helps preppers ensure they have all the necessary items before a collapse. Each item is explained in terms of its importance and usage in survival scenarios. The author also includes tips on building a community stockpile and sharing resources effectively.

5. *Beyond Food and Water: 75 Essential Survival Items You Can't Afford to Ignore*

While food and water are obvious priorities, this book highlights lesser-known but crucial items for long-term survival. It covers tools, clothing, communication devices, and hygiene products that are often overlooked. The book encourages readers to think beyond basics and prepare for a wide range of challenges.

6. *The Prepper's Toolbox: 75 Must-Have Items for Self-Sufficiency and Safety*

This guide focuses on equipment and tools necessary for maintaining safety and self-sufficiency during a collapse. It explains how each item contributes to security, shelter, and resource management. Practical tips on maintenance and multi-use gear help readers make the most of their stockpile.

7. *Essential Survival Supplies: 75 Items to Build Your Emergency Stockpile*

Designed for beginners, this book offers a step-by-step approach to creating a well-rounded emergency stockpile. It breaks down the 75 essential items into categories such as nutrition, medical care, and shelter. The author provides advice on sourcing affordable supplies and avoiding common mistakes.

8. *75 Days of Preparedness: Stockpiling for the First Crucial Months After Collapse*

Focusing on the critical first 75 days following a collapse, this book details the items that will sustain you during this vulnerable period. It emphasizes planning for food, water purification, first aid, and energy sources. Readers will find strategies for rationing and rotating supplies to extend their usability.

9. *The Ultimate Prepper's Guide: 75 Items to Secure Your Future in Uncertain Times*

This all-encompassing guide combines practical stockpiling advice with mindset tips for thriving in uncertain times. It includes a curated list of

75 items tailored to different environments and personal needs. The book also covers mental preparedness and community building as key components of survival.

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