EMERGENCY PANTRY STOCKPILE & WATER SUPPLY CHECKLIST

FEMA 72-Hour to 2-Week Readiness | 1 Gallon Water Law | Calorie-Dense Non-Perishables & Gear

FEMA WATER STANDARD: 1 GALLON PER PERSON PER DAY (0.5 GAL DRINKING + 0.5 GAL HYGIENE) | MINIMUM 14-DAY SUPPLY

1. CALORIE-DENSE PROTEINS & FATS

[ ] Canned Tuna, Salmon & Chicken Breast (3-5 yr shelf life)

[ ] Creamy Peanut Butter / Sunflower Seed Butter (1-2 yr)

[ ] Canned Black Beans, Chickpeas & Lentils (3-5 yr)

[ ] Canned Beef Stew, Chili & Hearty Soups (3 yr)

[ ] Whole Almonds, Walnuts & Trail Mix Packs (1 yr)

2. LONG-STORAGE GRAINS & STAPLES

[ ] White Rice (Stored in food-grade buckets: 25+ yr)

[ ] Rolled / Steel-Cut Oats (Sealed airtight: 2 yr)

[ ] Dry Pasta & Egg Noodles (Airtight glass: 3 yr)

[ ] Powdered Whole Milk / Evaporated Cans (1-2 yr)

[ ] Pure Raw Honey & Granulated Sugar (Indefinite)

3. HYDRATION & ELECTROLYTES

[ ] 14 Gallons Drinking Water per Family Member

[ ] Electrolyte Rehydration Powder Packs (Oral salts)

[ ] Water Purification Tablets (Aquatabs / Potable Aqua)

[ ] Gravity Water Filter (Sawyer Mini / Berkey 0.1 micron)

[ ] Unscented Household Bleach (Emergency chlorination)

4. OFF-GRID COOKING & SANITATION

[ ] Butane / Propane Single-Burner Camp Stove + Fuel

[ ] Manual Heavy-Duty Hand Can Openers (Keep 2 on hand)

[ ] Heavy-Duty Aluminum Foil & Cast Iron Skillet

[ ] Waterproof Matches & Multi-Purpose Fire Starters

[ ] Heavy-Duty Trash Bags, Wet Wipes & Chlorine Disinfectant

MASTER EMERGENCY STOCKPILE ROTATION LEDGER (FILLABLE)

Stockpile Category & Item	Quantity Stocked	Storage Location	Expiration Date	6-Month Audit	Status
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