

Top Off Your Preps Checklist

Here is a list of things to do to “Top Off” your existing emergency preparedness supplies prior to a potential emergency:

X	CATEGORY	TOP OFF TASK
	Food	Fill up Refrigerator supplies.
	Food	Fill up Freezer supplies
	Food	Top off Pantry supplies
	Food	Restock pet food supply
	Food	Top off canning supplies (e.g., 1-pint jars, lids, canning salt, etc.)
	Water	Fill up any empty or low water jugs (e.g., 5-gallon)
	Cash	Per Dave Ramsey, have \$1000 in cash ready to go (e.g., smaller bills preferred)
	Electronics	Fully charge large power banks (e.g., Inergy, Goal Zero, Anker)
	Electronics	Fully charge all cell phones
	Electronics	Fully charge all hand-held radios (e.g., Baofeng UV-5R)
	Electronics	Fully charge all tablets and handheld gaming devices
	Electronics	Fully charge all cordless electric tools (e.g., drills, saws, etc)
	Electronics	Fully charge all rechargeable flashlights (e.g., Olight)
	Electronics	Refill AA/AAA Batteries. Consider CR2032 and CR 123 for red dot sites (if applicable)
	Fuel	Fill up all vehicle gas tanks
	Fuel	Fill up all generator fuel tanks
	Fuel	Fill up any empty propane tanks
	Fuel	Fill up firewood supply (if applicable)
	Fuel	Fill up charcoal supply for BBQ, Dutch oven, etc.
	Hygiene	Buy two large packs of Paper Towels
	Hygiene	Buy two large packs of Toilet Paper
	Hygiene	Buy extra laundry detergent and hand soap
	Hygiene	Buy box of Baby Wipes
	Hygiene	Buy extra bleach, hand sanitizer & masks
	Illumination	Fill up candle supply
	Medications	Top off basic over the counter medications and supplements (e.g., pain killers, allergy, heartburn, multi-vitamins, etc.)
	Medications	Refill monthly prescription bottles (90-day preferred).
	Morale	Fill up alcohol, cigarettes, and other stress reliever supplies.
	Morale	Buy extra sweets and other comfort food
	Self Defense	Fill up ammunition (if applicable)
	Vehicle	Oil change supplies, windshield wiper blades, lights, battery, etc.

This checklist assumes that you have already been prepping for a while and are not starting off from scratch. Many of these to do tasks are things to think about prior to a hurricane or blizzard, but they can also be done prior to large events that may result in civil unrest (e.g., political, financial, etc.). Remember, always prioritize food and water first before moving onto any of the other items. Topping Off can also be for non-physical things. You should also brush up on your first aid, CPR, and other skills prior to a possible emergency situation.