DISASTERPREPCALC.COM

THE BEGINNER'S EMERGENCY PREP SHOPPING LIST

Four complete, ready-to-shop kits from a 72-hour starter to a long-term off-grid setup

Emergency preparedness is really a handful of purchases that work together: water, food, light and power, first aid, sanitation, and a way to get information. Each kit below keeps those categories in balance at a target budget, so nothing is the weak link. Quantities are sized for one person unless noted, so scale water, food, and first aid to your household. Click any product name to open the matching kit on DisasterPrepCalc.com, which has the current price and store link. Prices move often, so treat the totals as a planning snapshot and confirm current pricing before you buy.

72-HOUR KIT

AROUND $200

The non-negotiable starting point. Everything one person needs to get through the first three days on their own: water, ready-to-eat food, light, a way to hear official alerts, first aid, and basic sanitation. Build this first, then expand.

Product	Approx price	Buy link
Mayday Emergency Water Pouches (5-Year Shelf Life) MAYDAY INDUSTRIES · DRINKING WATER	~$30	Price and link
Mountain House Adventure Weekender Kit (12 servings) MOUNTAIN HOUSE · 3 DAYS OF FOOD	~$69	Price and link
LHKNL Rechargeable LED Headlamp LHKNL · LIGHT	~$20	Price and link
Swiss Safe 2-in-1 First Aid Kit (120 + 32 piece) SWISS SAFE · FIRST-AID KIT	~$30	Price and link
Hand-Crank Solar NOAA Emergency Weather Radio LEATON · EMERGENCY RADIO	~$35	Price and link
Emergency Toilet Waste Gelling Bags (30 pack) ANN KATY · BASIC SANITATION	~$30	Price and link

2-WEEK KIT

AROUND $500

FEMA now recommends two weeks of supplies. This tier adds refillable water storage, a two-week food supply, a small power station to keep phones and lights running, a field water filter, an upgraded trauma kit, and rechargeable lighting.

Product	Approx price	Buy link
Reliance Aqua-Tainer 7-Gallon Water Container RELIANCE · WATER STORAGE	~$50	Price and link

Product	Approx price	Buy link
Ready Hour 2-Week Emergency Food Supply (114 servings) READY HOUR · 2-WEEK FOOD SUPPLY	~$150	Price and link
Jackery Explorer 300 Portable Power Station JACKERY · POWER STATION	~$200	Price and link
Sawyer SP129 Squeeze Water Filtration System SAWYER · WATER FILTER	~$46	Price and link
IFAK Trauma First Aid Kit (MOLLE Pouch) GREETMED · UPGRADED FIRST-AID / TRAUMA	~$30	Price and link
Collapsible Rechargeable LED Camping Lantern XTAUTO · LIGHTING	~$30	Price and link

30-DAY KIT

AROUND $1,000

A month of resilience for a longer grid-down or supply-chain event. Larger water storage plus a gravity filter, a one-month food supply, a 1,000Wh power station, sanitation, and two-way radios so your household can stay in contact.

Product	Approx price	Buy link
HOANK 55-Gallon Emergency Water Storage Barrel HOANK · LARGE WATER STORAGE	~$110	Price and link
ReadyWise 30-Day Emergency Food Supply (296 servings) READYWISE · 1-MONTH FOOD SUPPLY	~$220	Price and link
Jackery Explorer 1000 v2 Portable Power Station JACKERY · LARGER POWER STATION	~$450	Price and link
Purewell 3-Stage Gravity Water Filter System PUREWELL · WATER FILTRATION SYSTEM	~$110	Price and link
Portable Toilet Seat for 5-Gallon Buckets CAMPERSVILLE · SANITATION	~$15	Price and link
Midland GXT1000X3VP4 GMRS Two-Way Radios (3-pack) MIDLAND · COMMS	~$110	Price and link

LONG-TERM / OFF-GRID

$3,000+

The foundation of a self-reliant setup: a large power station with a foldable solar panel, long-term bucket food storage, a countertop gravity water system, a serious trauma kit, and a tool and survival-gear kit. The core below is the starting point; a full year of food, more panels, and extra power carry an off-grid build past $3,000.

Product	Approx price	Buy link
Anker SOLIX C1000 Gen 2 Portable Power Station (1024Wh) EF ECOFLOW · POWER / BACKUP	~$450	Price and link
Renogy 200W Portable Foldable Solar Panel RENOGY · SOLAR CHARGING	~$170	Price and link
Augason Farms 30-Day Emergency Food Supply Bucket AUGASON FARMS · LONG-TERM FOOD (BUCKETS)	~$85	Price and link
Big Berkey Gravity-Fed Stainless Steel Water System BERKEY · SERIOUS WATER SYSTEM	~$370	Price and link
IFAK Trauma Kit with Tourniquet & Israeli Bandage HIDROPONY · MEDICAL / TRAUMA	~$40	Price and link
262-Piece Survival Gear & Tools Kit RIKOJUXI · TOOLS & SURVIVAL GEAR	~$50	Price and link

Prices and availability are planning estimates only and change often. This is researched information, not professional emergency, medical, or electrical advice. Always confirm quantities for your household, current pricing, and specs with the manufacturer, and follow guidance from FEMA, the CDC, and your local authorities before you buy.