**Costco TEOTWAWKI Shopping Guide**

### Electronics
- Batteries
- Rechargeable batteries
- Pre-paid phone cards
- Walkie-talkies (may also be with camping gear)
- Spare USB drive

### Home Goods
- Space Saver bags
- Plastic storage bins
- Backpack/duffel bag(s)
- Portable heater
- Portable fan / air conditioner
- Storage shelving
- Hand-truck
- Fire extinguisher(s)
- Solar powered lights
- Brita water pitcher and filters
- Light bulbs (multiple sizes, incl. flood lights)

### Auto/Tools
- Flashlights
- Work gloves
- Hand tools
- Auto emergency kit
- Wiper blades
- Tarps
- Generator (buy gas at Costco before you leave)
- Motor oil
- Extension cord(s)
- Car battery (several linked = small generator)
- Blue (garage) paper towels
- Microfiber Towels

### Office supplies
- Binders
- Paper
- Printer ink
- Page protectors
- Writing pads
- Pencils
- Sharpies
- Blank CDs/DVDs for copying data
- Cheap non-prescription eyeglasses (in case vision worsens or glasses are lost)

### Kitchen Goods
- Cooking burner
- Foodsaver
- Foodsaver bags
- Canning jars and lids
- Cast iron pots
- Food Dehydrator
- Plastic food storage containers

### Outdoors
- Sleeping bags
- Propane tanks
- Lighters
- Lanterns
- 2-way radio (may also be in Electronics)
- Cold weather gear (may be seasonal & regional)
- Camelback / water backpack
- Gloves (cold weather) for all
- Grill
- Fire pit / outdoor heater
Cleaning supplies

- Lysol wipes, spray, liquid cleaner
- Dish soap
- Bleach
- Laundry detergent
- Drano / drain cleaner
- Vinegar

Paper goods

- Toilet paper (one roll per person per week)
- Facial Tissue / Kleenex
- Disposable gloves (check sizes)
- Zip-Loc bags in different sizes
- Trash bags in different sizes (contractor too)
- Plastic spoons/forks/knives
- Paper plates (not foam)
- Paper cups
- Aluminum foil
- Plastic wrap

Pets

- Kitty litter
- Food
- Treats
- Rawhide Bones

Non-refrigerated foods (non-canned)

- Energy drinks
  - Tang
  - Gatorade (powder)
  - Lemonade (powder)
  - Tea
  - V-8
  - Coffee
  - Chocolate syrup
  - Hot chocolate powder
  - Cases of bottled water
  - Mayonnaise
  - Mustard
  - Ketchup (large jars and individual)
  - Sauces:
    - A-1
    - Worcestershire
    - Frank’s Hot Sauce
    - Teriyaki
    - Salsa
    - Cholula
    - Tabasco
    - Soy
    - Other:
- Wheat
- “Emergency food” (not in all Costcos)
- Pasta
- Jam/jelly (large jars and individual)
- Peanut butter
- Parmesan cheese
- Honey
- Syrup
- Crackers
- Trail mix (may also be near front of store)
- Sunflower seeds
- Cracker snack packs
- Nuts
- Olive oil
- Vegetable oil
- Rice
- Dry beans
- Applesauce
- Vinegar
- Ramen soup
- Cold cereal
- Oatmeal (instant and regular)

Non-refrigerated foods (canned)

- Soup (8 or 12 cans per case)
- Chicken broth
- Canned chicken
- Tuna
- SPAM
- Canned beef
- Beans
- Chili
- Refried beans
- Pasta sauce
- Vegetables
- Fruit
- Tomato paste / tomato sauce
- Tomatoes
Non-refrigerated foods (Spices & baking supplies)

- Pancake mix
- Sugar
- All purpose flour
- Bread flour
- Dried milk
- Condensed milk
- Yeast
- Baking soda
- Baking powder
- Seasoned salt
- Brown gravy mix
- Taco seasoning
- Chili powder
- Paprika
- Garlic powder & granules
- Salt (iodized, non-iodized, and sea salt)
- Bouillon
- Oregano and other herbs
- Black pepper
- Cinnamon
- Vanilla

Bakery

- Bread (enough to last two weeks.)
- Tortillas
- Energy, high-calorie bars and granola
- Food Grade Buckets

Chilled food

- Hard cheeses
- Salami/pepperoni
- Butter
- Eggs
- Milk
- Fruit / veggies (dehydrate / preserve soonest)

Personal

- Feminine hygiene products
  (know how much you need per month)
- Liquid hand soap
- Shower gel
- Shampoo / conditioner
- Baby shampoo / baby skin lotion
- Bar soap (10-20 count per package)
- Hand sanitizer
- Lotion
- Shavers
- Razor blades – men’s and women’s
- Shaving cream
- Anti-perspirant/deodorant
- Toothbrushes
- Toothpaste
- Dental floss (good for more than just teeth)
- Flouride rinse
- Condoms
- Pregnancy test
- Flushable wipes (if water’s not available…)
- Baby wipes
- Baby formula
- Diapers

Nutritionals / Vitamins

- Multi-vitamins
  - Kids
  - Women’s
  - Men’s
  - Centrum Silver
  - Prenatal
  - B-12
  - B-100
  - B-Complex
  - Vitamin C
  - Vitamin D
  - Vitamin E
  - Iron
  - Garlic
  - Protein powder
  - Protein bars
- Estroven (just in case, for late-30s+ women)
- Folic acid
- Glucosamine
- Fish oil
- Calcium
### Medical / First Aid

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>First Aid Kit</td>
<td>Zyrtec</td>
</tr>
<tr>
<td>Advil (adult and child)</td>
<td>Imodium</td>
</tr>
<tr>
<td>Tylenol (adult and child)</td>
<td>Tums</td>
</tr>
<tr>
<td>Motrin (adult and child)</td>
<td>Hydro-cortisone cream</td>
</tr>
<tr>
<td>Aleve</td>
<td>Airborne (adult and child)</td>
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<tr>
<td>NyQuil</td>
<td>GasEx / Beano</td>
</tr>
<tr>
<td>DayQuil</td>
<td>Alcohol</td>
</tr>
<tr>
<td>Zi-cam (adult and child)</td>
<td>Alcohol swabs</td>
</tr>
<tr>
<td>Robitussin (adult and child)</td>
<td>Neosporin</td>
</tr>
<tr>
<td>Prilosec</td>
<td>Hydrogen peroxide</td>
</tr>
<tr>
<td>Pepto-Bismol</td>
<td>Fiber Product like Metamucil</td>
</tr>
<tr>
<td>Cough drops</td>
<td>Epsom Salts</td>
</tr>
<tr>
<td>Afrin</td>
<td>Contact lens solutions &amp; cleaner</td>
</tr>
<tr>
<td>Claritin (adult and child)</td>
<td>Bandages / Bandaids</td>
</tr>
<tr>
<td>Benadryl (adult and child)</td>
<td>Cotton balls / cotton pads</td>
</tr>
<tr>
<td>Mucinex (adult and child)</td>
<td>Nitrile Gloves (check sizes)</td>
</tr>
<tr>
<td>Delsym</td>
<td>Blood Pressure Monitor</td>
</tr>
</tbody>
</table>

### Center of store

<table>
<thead>
<tr>
<th>Item</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Blankets</td>
<td>Coats / jackets / blanket pajamas</td>
</tr>
<tr>
<td>Towels</td>
<td>Dried fruit</td>
</tr>
<tr>
<td>Socks</td>
<td>Jerky</td>
</tr>
<tr>
<td>Underwear</td>
<td>Jelly beans</td>
</tr>
<tr>
<td>Camisoles (layering)</td>
<td>Candy / snack packs</td>
</tr>
<tr>
<td>Shoes/boots</td>
<td>Sanity savers (books, CDs, puzzles, etc.)</td>
</tr>
<tr>
<td>Extra clothing (pants, shirts, etc)</td>
<td></td>
</tr>
</tbody>
</table>