



the Survival
MOM

Hygiene Survival Must-Haves

- Toothpaste
- Toothbrushes
- Dental floss
- Deodorant
- [Solar shower](#) for hot showers without electricity
- Epsom salt for sore muscles
- Off-grid toilet/[Potty Bucket](#) (5-gallon bucket with seat)
- Kitty litter or other organic material to use with the potty bucket
- Cotton tea towels to use for drying
- Diapers (if applicable)
- Hand mirror
- Q-tips/Cotton balls
- Wet Ones
- Microfiber washcloth
- Baby wipes
- Barber comb & scissors
- Chap-stick
- [Dental kit](#)
- Garbage bags, rubber bands or twist ties
- Hair brushes and combs
- Hair-ties, clips, bandanas
- [Hair shampoo & conditioner](#)
- Hand sanitizer -- [Read here](#) how to use it effectively.
- Lime oil (removes grease, sap & soot)
- Lotion
- Nail clippers
- Sanitary pads (Disposable & reusable -- [I recommend Naturally Cozy.](#))
- Bar soap/body wash-- Hard to stock up on too much soap.
- Antibacterial hand soap
- Laundry detergent
- Straight razor & sharpener
- Toilet paper -- You can never have too much.
- Tweezers
- Mouthwash/breath fresheners
- [Medications/first aid kit](#)
- Shower cap
- Stored water