CORAC

The Stay-in Bin

Most of us will stay at home in a crisis, so we don't need a Bug-out Bag; we need a Stay-in Bin. This is j ust the basics.

___ Protein sources: tuna, Spam, salmon, other canned/pouch meats
___ Fat sources: olive oil (healthiest of the oils), mixed nuts
___ Carb sources: canned or dried fruits and vegetables
___ Coffee: you get 15 times as many cups per ounce from instant as from grounds
___ Garlic: strong anti-inflammatory, keeps colds at bay, adds interest to food
___ Dark chocolate: anti-oxidant, feel-good treat
___ Vitamins: at minimum, C, D3, zinc and quercetin
___ First Aid kit, supplemented by Neosporin, Advil and Advil PM
___ Lifestraw: water purification (also Katadyn or Sawyer)
___ Heavy duty Hefty bags: sanitation
___ Pocket knife or multi-tool
___ Duct tape: 101 uses
___ Tactical flashlight
___ Portable radio, AM/FM at least (crank style is good option)
___ Batteries
___ Sewing kit
___ Toilet paper, and torn-apart t-shirts for re-useable "sanitation cloths"
___ Plastic drop cloths: for catching rain, sealing gaps in doors and windows
___ Binder clips: modern man's answer to clothespins
___ Bleach: disinfectant, water purification
___ Lighter: for your portable stove, sterilizing needles
___ Cash: it may still have some value
___ Large storage bin: can be used with plastic sheet for rainwater collection