



Grid-down Soap Options

1. Stocking up Checklist

- Hand soap
- Dish soap
- Laundry detergent
- Reusable washing eggs, Soap nuts or other products
- Shampoo/conditioner

2. Make your own Laundry and Dish Soap Checklist

- Borax
- Washing soda
- Fels naphtha soap or similar bar soap or soap flakes
- Oxiclean (optional)
- Epsom Salt (optional)
- Essential Oils (optional)

You blend all three of the above ingredients in equal parts. The optional ingredients you would add in a 1/2 ratio. You can leave it dry and add to laundry in powder form. For dish soap add warm water to desired consistency and stir until dissolved. Essential oils can be added for fragrance.

3. Animal Fat/Olive Oil Homemade Soap

- Lye
- Olive oil/Other plant oil
- Tallow
- Kitchen Scale

Recipe in separate document. Use a recipe because you want a specific fat ratio to react properly and completely with the lye. <https://soapee.com/calculator>

4. Plants High in Saponins

- Soapwort leaves and roots
- Lambsquarters roots
- English ivy
- Soap nuts (plant)
- Horse chestnut
- Clementis
- Bean water

To use saponin rich plants for washing simply boil or soak the appropriate part of the plant (fresh or dry) in water and let sit until the water feels soapy. Strain out the plant parts and then use as much as needed to clean with. <https://lovelygreens.com/9-natural-soap-plants-for-making-lye-free-soap/>

5. Enzyme Cleaner

- Sugar
- Yeast
- Citrus peel

Recipe in separate document.