

# 150 Preps Under \$15

By Samantha Biggers @ Survival and Knowledge For Uncertain Times

[www.samanthabiggers.com](http://www.samanthabiggers.com)

- Matches
- [Lighters](#)
- Paracord
- 2 Large Cans of Beef
- [8 cans of Chicken](#)
- 20 lbs of Rice
- 10-15 lbs of Beans
- Flour
- Fishing Line and Hooks
- [2 Large Containers of Parmesan Cheese](#)
- [Several Cans of Coffee](#)
- Tea
- Borax
- Baking Soda
- 3 Dak Hams
- [6 cans of Peppered Kippers \(An excellent substitute for expensive smoked salmon and trout!\)](#)
- Water Purification Tablets
- [Blood Stop Powder](#)
- Box of Assorted Bandages
- 12 lbs of Peanut Butter
- Pasta
- 2 Large Tubes of Triple Antibiotic Ointment
- Witch Hazel 2 or more containers depending on the brand
- [Bleach](#)
- Oxi Clean
- Broom and Dust Pan

- 12 Bars of Zote Soap
- [15 Bars of Fels Naptha](#)
- 3 boxes of Washing Soda
- [Juice Boxes](#)
- Candles
- Canning Jars
- Sterno Fuel
- 20 lbs of Kosher Salt
- Condiments
- Rechargeable Batteries
- Flashlight
- Knife
- Can Opener
- [Pens](#)
- Paper
- Disposable Razors
- Wet Wipes
- Dish Soap
- Glue
- Duct Tape
- Hammer
- Screwdriver
- Pry Bar
- [Tire Patch Kit](#)
- Bread Yeast
- Brewing Yeast
- A few lbs of nails
- [Clothes Pins](#)
- Washboard
- Storage Totes
- Garden Seeds
- Mashed Potatoes
- Corn Meal

- Oats
- Corn Grits
- Cooking Oil
- Light Bulbs
- Flares
- Hand Warmers
- [Socks](#)
- Underwear
- [T-Shirt Packs](#)
- Gun Oil
- [Bore Cleaner such as Hoppes #9](#)
- Cotton Balls
- Saline
- Magnifying Glass
- Small 1lb Propane Canisters
- Propane Cylinder Stove
- Alcohol Stove
- [Sponges](#)
- Wash Clothes
- Toilet Paper
- Paper Towels
- Vinegar
- Ammonia
- Alcohol Prep Pads
- Cheap Liquor
- Charging Cables (USB or similar)
- Paper Plates
- Disposable Cutlery
- [Tarp](#)
- Safety Glasses
- Ear Plugs
- Desiccant Gel
- Zip Loc Bags

- Used Books
- Aluminum Foil
- Saran Wrap
- Knife Sharpener
- Ferro Rod
- Funnels
- Fuel Stabilizer
- Trash Bags
- [Cooler Bag](#)
- Spray Bottles
- Locks
- [Trip Wire Alarm](#) ( Combine with string or paracord and stretch across entry points)
- Sugar
- Cat Food
- Feed Corn
- Small Bag of Dog Food
- Charcoal
- [Emergency Water Filter](#)
- [Nalgene Water Bottle](#)
- Emergency Lantern
- Ratcheting Straps
- Quick Links
- Carabiners
- Rope
- Length of Chain
- Sharpie Markers
- Pickling Lime
- [Iostat Radiation Tablets](#)
- Vitamins
- Emergen-C Drink Mixes
- [Amoxicillin](#)
- [Curad Silver Antimicrobial Gel](#)

- Ace Bandages
- [French Press](#)
- Aspirin
- Benadryl
- Ibuprofen
- Tylenol
- Antacids
- SD Cards for storing ebooks, music, pics, and other important data.
- Screen Repair Tape
- Insect Repellent
- Pepper Spray
- Self Defense Keychain
- [Poison Ivy Tablets](#)
- Lidocaine Topical Numbing Cream
- Hat
- Belt
- Sunscreen
- [Aloe Vera Gel](#)
- Butane
- Zippo Lighters
- Candle Wicks
- Flints
- [Bandannas](#)
- Lip Balm/Chapstick
- Mouse or Rat Traps
- Condoms