

## **WATER & FOOD**

- Drinking water – *Note: Because shipping liquids is difficult and may not end up in Puerto Rico in a timely manner, a better option may be water filtration bottles and systems.*
- Canned food:
  - Examples: Meat (chicken, turkey, Vienna sausages), Fish (tuna, sardines), vegetables, fruits, Chef Boyardee with and without meat
- Crackers
- Cookies
- Cereals
- Peanut butter
- Jelly or jams
- Cheez Whiz
- Powdered milk
- UHT (6-9 month shelf life) milk, preferably single-serving boxes
- Instant coffee
- Nestle Quik
- Canned or boxed beverages and juices
- Trail mix and assorted nuts
- Hard candy
- Gatorade

## **EMERGENCY**

- Batteries: D, AA, C, AAA – D and AA are the most needed
- Fans - Solar and battery-operated
- Flashlights - Solar and battery-operated
- LED Lanterns/Lamps - Solar and battery-operated
- AM/FM Radios – Solar and battery-operated
- Solar chargers/solar panels
- Chainsaw bar and chain oil
- Water purifying tablets
- Water filters
- Disinfectant cleaning wipes
- Laundry detergent
- Bed linens
- Towels
- Sterno stove (and Sterno cans only if permitted)
- Camping stove
- Can opener – Manually operated
- Matches

## **BABY**

- Baby formula
- Baby food
- Baby bottles
- Baby diapers
- Baby wipes
- Diaper chafing cream

## **DRUGSTORE, HYGIENE, & TOILETRIES**

- Pedialyte
- Ensure
- Glucerna
- Multivitamins
- Insect repellent
- Sunscreen

**DRUGSTORE,  
HYGIENE, &  
TOILETRIES  
CONTINUED**

- Hand sanitizer
- Over-the-counter medications:
  - Pepto-Bismol
  - Antacids like Tums or Gaviscon,
  - Imodium
  - Tylenol
  - Panadol
  - Aleve
  - Advil
  - Benadryl
  - Any cold and flu medications,
  - Triple antibiotics
  - Alcohol swabs
  - Visine
  - Bandages,
  - Vicks VapoRub
  - Bengay
  - Hydrocortisone
- Toiletries:
  - Deodorants
  - Toothbrushes
  - Toothpaste
  - Antibacterial soap
  - Bar soap
  - Body lotion
  - Dry shampoo
  - Hairbrush
  - Comb
  - Shampoo
  - Conditioner
  - Cotton swabs
- Contact lenses cleaning solution
- Reading glasses
- Sanitary napkins and pads
- Tampons
- Panty liners
- Facial tissue
- Toilet paper

**MISCELLANEOUS**

- Paper towels
- Paper plates, bowls
- Paper cups
- Insulated cups
- Napkins
- Plastic cutlery
- Ziploc bags – Quart and gallon-sized
- Trash bags

**PETS**

- Pet food – Both dry and canned
  - Cats – Adults and kittens
  - Dogs – Adult and puppies
- Cat litter
- Dog training pads