

Recommended Supplies List for Prepping for Port Strikes & Supply Chain Disruptions

- [] Water - Stock up on at least one gallon of water per person per day for at least three days.
- [] Non-perishable food - Include items like canned goods, protein bars, and dried fruits that require no refrigeration.
- [] Manual can opener - Make sure you have a way to open canned goods without relying on electricity.
- [] Flashlights - Have multiple flashlights on hand with extra batteries to navigate in the dark.
- [] First aid kit - Include bandages, antiseptic wipes, pain relievers, and any necessary prescription medications.
- [] Personal hygiene items - Toothbrush, toothpaste, soap, hand sanitizer, feminine hygiene products, and any other essentials.
- [] Blankets and warm clothing - Be prepared for potential cold weather or temperature drops.
- [] Multi-tool - A versatile tool that can come in handy for various tasks.
- [] Emergency cash - Have some cash on hand in case of ATMs being unavailable.
- [] Portable power bank - Keep your devices charged in case of power outages.
- [] Important documents - Store copies of important documents like IDs, insurance papers, and emergency contacts in a waterproof container.
- [] Communication devices - Have a battery-powered or hand-crank radio to stay informed about the situation.
- [] Pet supplies - Don't forget about your furry friends, make sure you have food, water, and any medications they may need.
- [] Entertainment items - Books, games, or other activities to keep yourself occupied during downtime.

By ensuring you have these supplies on hand, you can be better prepared for any potential port strikes or supply chain disruptions that may occur. Stay safe and stay ready.