

The prepping on a budget kit contains:

1. Labels for your prepping supplies that will help you keep track of the **expiration date and rotation date**. Rotate well before the expiration date so you can use the supplies at home without wasting or throwing away anything.
2. A simple, but effective table that will help you build your own prepping list and keep track of rotation schedules and item prices (for when you need to buy a new batch).
3. [SelfHelp.institute](#) 's own prepping list with average item shelf life and prepping recommendations.

That is not all. We will be adding new items to the **prepping on a budget kit** on a regular basis. So, make sure you are subscribed to our mailing list and check back often.

Prepping Labels

The labels below are for [Avery Label #22827](#). The label size is 3.5x4.75 Inches, which makes them big enough to be seen even when you are in a hurry. They come in packs of 32 and cost \$10 (as of 4.20.2017). Instructions: insert label on your printer as directed and print only page 2 of this document. Here's a document with just the [prepping labels](#) by themselves.

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases



Expiration Date: _____

Rotation Date: _____

Servings: _____



Expiration Date: _____

Rotation Date: _____

Servings: _____



Expiration Date: _____

Rotation Date: _____

Servings: _____



Expiration Date: _____

Rotation Date: _____

Servings: _____

Item	Quantity/Servings	Expiration Date	Rotation Date	Notes (e.g. item cost)

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Ammunition	BOB	As needed	For hunting & self defense. Keep dry, away from kids and as the local/federal laws requires it.	
Antibiotic cream	Medical - Over The Counter	2-4 tubes	Very useful for cuts, scrapes, insect and animal bites, burns, open wounds.	3 Years
Antihistamine	Medical - Over The Counter	400-600 tablets	Allergies. Very useful outdoors or if you don't know how safe is your food/water.	2 years
Aspirin	Medical - Over The Counter	500-1000 tablets	Pain, fever, arthritis, some cardiological and circulatory issues. Read prospect & ask doctor about side effects for any kind of medicine.	2-3 years. Cheap enough to be rotated without a big expense.
Axe	Tools & Supplies	1-2	Various uses. Crude self-defense weapon.	
Baking Powder	Food	14 oz	Leavening agent. May replace yeast.	1-2 years, use within 6 months after opening

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Bandages & band-aids	Medical - Over The Counter	1 box each	Protects and covers cuts & scrapes. Use with antibiotic cream	Indefinite. Keep dry and sterile. Glue on band aids may become ineffective.
Batteries	Tools & Supplies	10-15	Rechargeable	
Beans	Food	3-5 pounds	Various uses. Good source of protein.	3+ years. Can be used long after, but will lose vitamin content. Will still have nutritional value
Bedding/Warmth	Tools & Supplies	1 each	Waterproof sleeping bags	
Binoculars	Tools & Supplies	1	Stay informed & save yourself time when planning your route. Good night-vision binoculars are more expensive (start at \$200-300). Monoculars are cheaper.	

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Books & Guides	Personal	As needed	Survival books and guides. Knowledge is power.	
Camping Equipment	BOB	As needed	Tent, tarp, pads, folding shovel, cooking tripod	
Canned Tuna	Food	36 cans	Various uses.	3+ years
Canned fruit	Food	10-15 cans	Various uses.	2-4 years.
Canned vegetables	Food	20 cans	Various uses.	2-4 years.
Cellphone / Ham Radio	Personal	1 each	Most people have cellphones. However, if the infrastructure fails, a Ham Radio is your best friend.	
Cereal	Food	2-3 big boxes	Breakfast. May be mixed with water or milk	1 year

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Charcoal Tablets	Medical - Over The Counter	200 tablets	Helps with toxins, poisoning, stomach issues & even water purification	Indefinite shelf life. Keep away from humidity and rodents.
Child & Elderly Care	Tools & Supplies	As needed	Washable diaper cloths,etc	
Chlorine	Hydration	1 gallon	Disinfect water. Use 2-4 drops per quart of water. Should last for at least 20,000 quarts or 5,000 gallons. May also be used for other purposes.	After 6 months it starts breaking down into salt and water, use it for household purposes.
Clothing	Tools & Supplies	1 each	Light, water resistant & sweat absorbing clothing. Adjust accordingly for winter or very hot climates. Because you do not want to run through the forest in your pyjamas.	
Coffee Or Instant Coffee	Food	2 pounds	Coffee grounds can be used for a lot of purposes, including fertilizing but instant coffee has an	2 Years – Indefinite (instant coffee)

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
			indefinite shelf life and it is easier to prepare on the go.	
Compass	Tools & Supplies	1	Some multitools/flashlights have one incorporated. May also use smartphone if you have enough battery and you can recharge it.	Test it and make sure it points correctly.
Cornmeal	Food	3-5 pounds	Used for a variety of recipes or for polenta (cornmeal mush). Cheap and and easy to store.	2-3 years
Defense & Hunting Weapons	Tools & Supplies	Varies	Weapons for defending yourself or for hunting. Keep handy. Keep away from children!!!	
Dehydrated Potatoes	Food	10 4 oz bags	Make mashed potatoes.	2 years
Dehydrated Powdered Milk	Food	3-5 packages	Calculated at 2 gallons of liquid milk per package/jar.	3 years, unopened

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Disaster Plan	Personal	Required	Plan for the most likely emergencies in your area. How to deal with extreme weather, natural disasters, accidents, criminals. Contact numbers for emergency responders, authorities, friends, family & neighbors. Make sure every member of the family knows where they are and what they contain.	
Dry Pasta	Food	3-5 pounds	Various recipies	2+ Years
Dry Yeast	Food	1 pound	Make dough rise.	2 years
Duct Tape	Tools & Supplies	1-2 rolls	We are still looking for a situation where duct tape can't be used.	
Dust Masks or Respirators	Tools & Supplies	1 per person	Various uses. Necessary for dealing with dust storms, searching or surviving collapsed buildings.	
Electrical Heater	Tools & Supplies	As needed	Invest in an energy efficient one. Oil or ceramic heaters are generally safe and energy efficient.	

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Electronics	Personal	As needed	Tablets, laptops & other easy to carry electronics.	
Fishing Equipment	BOB	As needed	Hooks, bait, fishing line	
Flashlight	Tools & Supplies	2	Crank flashlight with window breaker, seatbelt cutter, USB charger & more	
Flour	Food	22 pound bag	Make bread & more. You'll need yeast if the flour is not self-rising	1-2 years if you keep it cool and dry
Gas Power Generator	Tools & Supplies	1	Stay warm. Various uses. Needs 1.5-4 gallons of gas for each 8 hours of running time based on output.	
Hammer	Tools & Supplies	1-2	Various uses. Crude self-defense weapon.	
Honey	Food	2 pounds	Various uses. Replaces sugar. Has many health benefits	Indefinite

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Hygiene	Tools & Supplies	As needed	Soap, hand sanitizer, toothbrush, toilet paper, feminine hygiene, toothpaste, dish detergent & scrubbers	
Ibuprofen/Ace taminophen	Medical - Over The Counter	200-400 tablets	Pain, fever, anti-inflammatory.	2-3 years
Insect Repellant	Tools & Supplies	1-2 bottles	Repel insects.	3-4 Years
Jerky	Food	2 pounds	Various uses. High protein source.	2 years
Knife & Knife Sharpner	Tools & Supplies	1-2	May opt for buying multiple blades instead of 1-2 knives	Protect from rust, keep sharp
Loperamide	Medical - Over The Counter	400 tablets	Controls diarrhea, dehydration due to diarrhea	2 Years
Matches, Firestarters &	Tools & Supplies	1-2 sets each	Various uses	Keep dry and away from heat sources.

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Windproof Lighter				
Money/Docum ents	Personal	As needed	At least \$500-\$1000 emergency funds(hidden away). Identification documents, passports, insurance proof, medical records. Keep in Ziploc or waterproof bags. Have a second set of copies hidden somewhere else.	
Multi-tool	Tools & Supplies	2-3	Good for repairing/securing things in the house, fixing/escaping cars, camping, fishing, hunting	Protect from rust
Multivitamins	Medical - Over The Counter	400-600 servings	Supplements your food intake and nutrients you might lack.	2-3 years
Oats	Food	2 pounds	Various uses.	2-3 years
Omeprazole / Acid Reducer	Medical - Over The Counter	1-2 boxes	Treats heartburn	3 years

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Other Equipment	BOB	As needed	Headlamps, rain ponchos, animal repellent, camping lantern with motion detector and tripwire	
Pepper	Food	1-2 grinders	Food condiment	Indefinite, may lose some of its strength after 3-4 years
Pet food	Food	As needed	Get a 2 week supply.	
Portable Stove & Fuel	Tools & Supplies	1 set	Stove + 12 butane fuel cartridges. Each cartridge lasts 2-4 hours. Should be enough for cooking and heating food for 2 weeks.	
Pot/Pan Combo, Can Opener & Dishes	Tools & Supplies	1 camping set	For cooking food & boiling water	

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Potassium Iodide	Medical - Over The Counter	40+ 65mg doses	Available as tablets or drops. Read medical precautions & dosage for adults, children, infants & pregnant women before taking. Consult doctor.	6-7 years
Prescription medicine	Medical Prescription	30 days	You might not be able to procure so much. Try to find OTC replacements if possible. Order your prescriptions a few days early and build reserves.	Rotate just before the expiration date. Replace with freshest batch. Most medicine is good past expiration date, but do not use unless you do not have any other option.
Printed Maps	Tools & Supplies	As Needed	Local maps. Include road maps and terrain maps. Draw escape routes carefully.	
Protein	Food	2 Pound	Easier to store and cheaper than protein bars. Helps you stay strong, provides essential nutrients and keeps you full for longer.	1-2 years if stored properly

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Radio	Tools & Supplies	1	Stay informed. Very important.	
Rope/Paracord	Tools & Supplies	200-300 feet	Various uses.	
Rubbing Alcohol	Medical - Over The Counter	2-3 Pints	Disinfects, sanitizes. Antiseptic that treats minor cuts and abrasions.	2-3 years, might last longer in glass containers. Label it correctly.
Salt	Food	3+ pounds	Use it for food, bartering, cleaning & more	Indefinite, keep dry. Iodized salt has a 5 year shelf life.
Sewing Kit	Tools & Supplies	1	For mending clothes & more.	
Solar Cell & Battery Charger	Tools & Supplies	1	Stay informed. Power small electronics.Consider investing more in a solar generator (\$300-\$400)	

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Spaghetti Sauce	Food	5 Jars	Use for your pasta	1 year unopened
Spam	Food	15-20 cans	Various uses. Good source of protein.	3+ years. Do not use if can is bloated
Spices	Food	1 rack	Spice up your limited food choices for more variety	2-4 years, may lose flavor after
Sunscreen	Tools & Supplies	1-2 bottles	Protect from the sun. Very useful outdoors.	3 Years
Valuables	Personal	As needed	Jewelry, cash, watches. Hide away. May be used for bartering.	
Vaseline	Medical - Over The Counter	3 jars	Protect skin & lips from wind and chapping. Protect minor cuts, scrapes, and burns	Starts degrading after 4-6 years
Vinegar	Food	2-3 gallons	Use for food. Also has many other uses for disinfecting, cleaning, washing and deodorizing.	Indefinite if stored properly.

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation
Water	Hydration	1 gallon/per son daily	Make sure you have enough supplies or a controlled water source	Replace every 6 months. Use for household purposes.
Water Filter	Hydration	1	Purifies water. A Lifestraw Family Filter will purify 4755 gallons – enough for 3 years (family of 5)	Indefinite shelf life; do not keep in the sun
Water Purification Tablets	Hydration	200	Treats 200 quarts of water (50 gallons)	5 years – ask seller how far into this date the tablets are before buying
Whistle/Signal ing Device	Tools & Supplies	1	Help rescuers, family and friends find you.	
White Rice	Food	3-5 pounds	Used for various recipies	Indefinite

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases

Item Name	Item category	Quantity	Remarks	Rotation

Self Help Institute writes about stuff we believe you'll find useful. We have affiliate relationships, meaning that we get a percentage of the revenue from your purchases