

Hygiene with limited water

SHOPPING LIST

Check what you already own. Adapt quantities to your household; these supplies are for preparation, not a reason to delay urgent action.

[] Soap

Quantity needed: _____ Already have: _____

[] Food-grade water container with tap

Quantity needed: _____ Already have: _____

[] Alcohol hand sanitiser

Quantity needed: _____ Already have: _____

[] Leak-resistant waste bags

Quantity needed: _____ Already have: _____

[] Menstrual or infant supplies

Quantity needed: _____ Already have: _____

[] Clean cloths and gloves

Quantity needed: _____ Already have: _____

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/guides/emergency-hygiene/>

CDC · Personal hygiene during an emergency

CDC · Emergency water