

List 1-

Organic quinoa

Cage free eggs

Cheese sticks—low-fat mozzarella

Toilet paper—the extra smooth kind

3 limes

2 avocados

Water—eco-aware brands only

Low-fat yogurt

Almond milk

Whole wheat bread—make sure it's soft though

Tomatoes—organic vine-ripened only—heirloom if they have them

Seedless watermelon

Bananas—nothing spotty

Skinless chicken breasts—free range organic only

List 2-

2 loaves bread

2 gallons milk

Water

Canned soup

Instant noodles

AA batteries

List 3-

Rope

12 gauge ammo

Lighters—at least 5

Toilet paper—whatever's there

Nails

Tape

Tarps

Painkillers

Water tablets

Diarrhea med

Anything canned

Anything in boxes

Gas and gas cans

List 4-

Take everything