

FIRST AID

Wound care

- ☐ Saline solution
- ☐ Variety sized bandaids
- ☐ Rubbing alcohol
- ☐ Waterproof bandages
- ☐ Butterfly stitch stickers
- ☐ Gauze
- ☐ Tape
- ☐ Antibacterial ointment
- ☐ Hydrogen peroxide

Injury care

- ☐ Elastic bandage wraps
- ☐ Finger splint
- ☐ Arm splint
- ☐ Toe wrap
- ☐ Neck splint

Other

- ☐ Blood oxygen monitor
- ☐ Blood pressure monitor and cuff
- ☐ Thermometer
- ☐ Extra batteries

Medication

- ☐ Benadryl
- ☐ Tums
- ☐ Advil
- ☐ Tylenol
- ☐ Naproxen
- ☐ Imodium
- ☐ Day cold pills
- ☐ Nighttime cold pills
- ☐ Congestion pills
- ☐ Dramamine less drowsy
- ☐ Benadryl cream
- ☐ Personal prescriptions
- ☐ Lice killing shampoo
- ☐ Earache medicine
- ☐ Toothache medicine/dental emergency kit
- ☐ Antifungal cream
- ☐ Contacts + contact solution

- ☐ Glucose tablets
- ☐ Electrolyte tablets
- ☐ Burn cream
- ☐ Prescription antibiotics

Note: The above are in addition to a comprehensive offshore medical kit we purchased and carry aboard.

PROVISIONING

Note: I have omitted numbers here when I already had some items, or had purchased others in bulk packs or value sizes when available and did not revise the list to include those details.

Cleaning

- ☐ Laundry detergent pods (2 tubs)
- ☐ Vinegar (3 jugs)
- ☐ Simple Green (1)
- ☐ Pink stuff (1)
- ☐ Windex (1)
- ☐ UV treatment for helm seat (1)
- ☐ Magic erasers (6)
- ☐ Scrub Daddy (2)
- ☐ Dish sponges (#)
- ☐ Scrub brushes (#)
- ☐ Stainless polish (#)
- ☐ T-shirt rags (#)
- ☐ Hand soap (4)
- ☐ Dish soap (2)
- ☐ Hair catcher stickers for drain (1 pack)
- ☐ Baking soda (#)

Personal care

- ☐ Body sunscreen (#)
- ☐ Body lotion (#)
- ☐ Body wash (#)
- ☐ Loofahs (6)
- ☐ Shampoo (#)
- ☐ Conditioner (#)
- ☐ Leave in conditioner (3)
- ☐ Face cleanser (4)
- ☐ Face lotion (#)
- ☐ Face sunscreen (#)
- ☐ Nail clippers
- ☐ Toothbrushes (#)
- ☐ Toothpaste (#)

- ☐ Toilet paper (#)
- ☐ Paper towels (#)
- ☐ Wipes (#)
- ☐ Qtips (2)
- ☐ Floss (4)
- ☐ Deodorant (#)
- ☐ Razor refills (1 pack)

Etc.

- ☐ Paper bags for bathroom (2 packs)
- ☐ Things to donate (kids clothes, toys, nail polish, fishing gear, etc.)
- ☐ Plastic trash bags for bathroom (2 rolls)
- ☐ Gallon ziplock bags (#)
- ☐ Sandwich ziplock bags (#)
- ☐ Snack size ziplock bags (#)
- ☐ Kitchen trash bags (#)
- ☐ Vacuum-seal bags (#)
- ☐ Liquor, assorted (#)
- ☐ Tonic syrup (#)

Food

Dry/Canned

- ☐ Pasta, assorted (#)
- ☐ CousCous (2)
- ☐ Farro (2)
- ☐ Sushi rice (4)
- ☐ Quinoa (2)
- ☐ White rice (5)
- ☐ Lo Mein/Udon/Ramen noodles (#)
- ☐ Vanilla extract (3)
- ☐ Lemon extract (1)
- ☐ Cornbread mix (5)
- ☐ Cornstarch (1)
- ☐ Baking powder (2)
- ☐ Quick oats (2)
- ☐ Old fashioned oats (4)
- ☐ Pancake mix (4)
- ☐ Shelf stable whole milk (24)
- ☐ Shelf stable juice (#)
- ☐ All purpose flour (2)
- ☐ Bread flour (2)
- ☐ Active dry yeast (#)

- ☐ Yogurt starter (#)
- ☐ Powdered whole milk (3 tubs)
- ☐ White sugar (1)
- ☐ Brown sugar (1)
- ☐ Powdered sugar (1)
- ☐ Panko (1)
- ☐ Coffee beans (#)
- ☐ Tea bags (#)
- ☐ Instant coffee (#)
- ☐ Instant ramen cups (6)
- ☐ Canned soup (10)
- ☐ Canned chili (10)
- ☐ Instant mashed potatoes (5)
- ☐ Macaroni and cheese boxed (10)
- ☐ Coconut flakes, unsweetened (5)
- ☐ Peanuts (2 salted, 2 honey roasted)
- ☐ Hemp hearts (#)
- ☐ Cashews (#)
- ☐ Walnuts (#)
- ☐ Almonds (# salted, # flavored)
- ☐ Pistachios (#)
- ☐ Chia seeds (#)
- ☐ Flax seeds (#)
- ☐ Mixed nuts (#)
- ☐ Crackers (10)
- ☐ Granola bars (#)
- ☐ Canned sweetened condensed milk (5)
- ☐ Canned black beans (20)
- ☐ Canned refried beans (#)
- ☐ Canned baked beans (5)
- ☐ Canned peas (#)
- ☐ Canned carrots (#)
- ☐ Canned chickpeas (5)
- ☐ Canned lentils (5) *only found 2 cans so bought 2 small bags dried.
- ☐ Canned tomatoes, plain (10)
- ☐ Canned corn (20)
- ☐ Canned creamed corn (6)
- ☐ Canned coconut milk (8)
- ☐ Canned coco Lopez (4)
- ☐ Canned tuna (6)

- ☐ Canned sardines (6)
- ☐ Canned black olives (4)
- ☐ Canned pumpkin purée (3)
- ☐ Canned mixed vegetables (20)
- ☐ Canned tomato sauce (4)
- ☐ Canned tomato paste (5)
- ☐ Canned beets (1)
- ☐ Canned peaches (1)
- ☐ Canned apple pie filling (1)
- ☐ Canned chicken (20)
- ☐ Canned duck confit (5)
- ☐ Shelf stable hard salami (3)
- ☐ Jarred red salsa (6)
- ☐ Jarred green salsa (6)
- ☐ Shelf stable cheese sauce (2)
- ☐ Shelf stable Parmesan (2)
- ☐ Jarred red pasta sauce (3)
- ☐ Jarred pesto sauce (3)
- ☐ Jarred pizza sauce (4)
- ☐ Seaweed snacks (4)
- ☐ Nori sheets (2 packs)
- ☐ Rice cakes (5)
- ☐ Potato chips (5, assorted flavors)
- ☐ Tortilla chips (5)
- ☐ Fritos (2)
- ☐ Chex mix (2)
- ☐ Pita chips (1)
- ☐ Dried apricot (3)
- ☐ Dried mango (3)
- ☐ Craisins or dried fruit mix (1)
- ☐ Corn nuts (5)

Condiments

- ☐ Fish sauce (1)
- ☐ Curry paste (#)
- ☐ Agave (1)
- ☐ Tahini (2)
- ☐ BBQ sauce (2)
- ☐ Worcestershire sauce (1)
- ☐ Rice vinegar (2)
- ☐ Mirin (1)

- ☐ Sriracha (2)
- ☐ Ketchup (2)
- ☐ Yellow mustard (2)
- ☐ Dijon mustard (2)
- ☐ Blue cheese dressing (2)
- ☐ Peanut butter, creamy (5 large)
- ☐ Mayonnaise (2)
- ☐ Maple syrup (1)
- ☐ Honey (4)
- ☐ Japanese BBQ sauce, hot (1)
- ☐ Cholula/tabasco (2)
- ☐ Gochujang (1)
- ☐ Soy sauce (6)
- ☐ Coconut oil (1)
- ☐ Olive oil (1)
- ☐ Sesame oil (1)
- ☐ Avocado oil (1)
- ☐ Red wine vinegar (1)
- ☐ Balsamic vinegar (1)
- ☐ Balsamic glaze (1)
- ☐ Chili oil (2)
- ☐ Wasabi (4)
- ☐ Pickled ginger (1)
- ☐ Jarred minced garlic (1)

Seasoning

- ☐ Bay leaves (lots)
- ☐ Flaky salt (1)
- ☐ Sea salt (1)
- ☐ Pink Himalayan salt (2)
- ☐ Peppercorns (2)
- ☐ Taco seasoning (#)
- ☐ Garlic powder (2)
- ☐ Onion powder (2)
- ☐ Ginger powder (1)
- ☐ Paprika (1)
- ☐ Seasoned salt (1)
- ☐ Tajin (1)
- ☐ Cinnamon (1 large)
- ☐ White sesame seeds (1)
- ☐ Black sesame seeds (1)

- ☐ Red chili flakes (1)
- ☐ Powdered chicken broth (1)
- ☐ Powdered beef broth (1)

Note: these are just the seasonings I needed to restock in Panama, I do not keep track of our total spice inventory.

Fresh

- ☐ Chicken breasts, raw (15-20)
- ☐ Whole chickens, raw (4)
- ☐ Steaks, raw (3)
- ☐ Ground beef, raw (4)
- ☐ Ground pork, raw (#)
- ☐ Kielbasa sausage (2)
- ☐ Pork sausage (#)
- ☐ Sliced ham (1lb)
- ☐ Sliced turkey (1lb)
- ☐ Sliced salami (#)
- ☐ Edamame, shelled and frozen (2)
- ☐ Block of cheddar cheese (#)
- ☐ Block of Parmesan cheese (#)
- ☐ Block of Gouda cheese (#)
- ☐ Block of mozzarella cheese (#)
- ☐ Shredded cheddar cheese (1)
- ☐ Sliced cheddar cheese (1)
- ☐ String cheese (1)
- ☐ Eggs, unrefridgerated (60)
- ☐ Butter (10)
- ☐ Cream cheese (1)
- ☐ Sour cream (#)
- ☐ Feta cheese (1)
- ☐ Goat cheese (1)
- ☐ Manchego cheese (1)
- ☐ Hummus (2)
- ☐ Heavy cream (1)

- ☐ Carrots (15-20)
- ☐ Broccoli (3)
- ☐ Green beans (1)
- ☐ Yellow squash (3)
- ☐ Zucchini (3)
- ☐ Green cabbage (2)

- ☐ Purple cabbage (2)
- ☐ Napa cabbage (1)
- ☐ Bell peppers (6)
- ☐ Leeks (3)
- ☐ Spinach (1)
- ☐ Romain (2)
- ☐ Russet potatoes (20)
- ☐ Sweet potatoes (4)
- ☐ Yellow onion (7)
- ☐ Red onion (5)
- ☐ Shallots (4)
- ☐ Green onion (1 bunch)
- ☐ Avocado (#)
- ☐ Cilantro (1)
- ☐ Parsley (1)
- ☐ Basil (1)
- ☐ Garlic (10)
- ☐ Ginger (2)
- ☐ Radishes (10)

- ☐ Pineapple (3)
- ☐ Cantaloupe (1)
- ☐ Mango (10)
- ☐ Apples (2 bags)
- ☐ Oranges (10)
- ☐ Watermelon (1)
- ☐ Strawberries (#)
- ☐ Blackberries (#)
- ☐ Blueberries (#)
- ☐ Kiwi (#)
- ☐ Bananas (#)
- ☐ Lemons (#)
- ☐ Limes (12)
- ☐ Passion fruit (2 bags)