

2-3 Week Quarantine Supply List

With CoVID-19 spreading around the globe. Here is a list of all you need to stay at home for a week or three.

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|--------------------------|-----------------------|--------------------------|-------------------|
| <input type="checkbox"/> | Bulk rice | <input type="checkbox"/> | Soap |
| <input type="checkbox"/> | Pasta | <input type="checkbox"/> | Chips |
| <input type="checkbox"/> | Flour | <input type="checkbox"/> | Tomato sauce |
| <input type="checkbox"/> | Sugar | <input type="checkbox"/> | Tissues |
| <input type="checkbox"/> | Dried legumes | <input type="checkbox"/> | Can opener |
| <input type="checkbox"/> | Oil | <input type="checkbox"/> | Alcohol |
| <input type="checkbox"/> | Spices | <input type="checkbox"/> | Wraps |
| <input type="checkbox"/> | Herbs | <input type="checkbox"/> | Spreads |
| <input type="checkbox"/> | Salt | <input type="checkbox"/> | Ice-blocks |
| <input type="checkbox"/> | Tea | <input type="checkbox"/> | Pet food |
| <input type="checkbox"/> | Coffee | <input type="checkbox"/> | Detergent |
| <input type="checkbox"/> | Tinned vegetables | <input type="checkbox"/> | Bleach |
| <input type="checkbox"/> | Frozen vegetables | <input type="checkbox"/> | Vinegar |
| <input type="checkbox"/> | Dried fruit | <input type="checkbox"/> | Disinfectant |
| <input type="checkbox"/> | Beef jerky | <input type="checkbox"/> | Rubbish bags |
| <input type="checkbox"/> | Bottled water | <input type="checkbox"/> | Toilet paper |
| <input type="checkbox"/> | Long life fruit Juice | <input type="checkbox"/> | Medicine |
| <input type="checkbox"/> | Pasta sauce | <input type="checkbox"/> | Vitamin |
| <input type="checkbox"/> | Baked beans | <input type="checkbox"/> | Electrolytes |
| <input type="checkbox"/> | Tinned spaghetti | <input type="checkbox"/> | Tea tree oil |
| <input type="checkbox"/> | Tinned fruit | <input type="checkbox"/> | Towels |
| <input type="checkbox"/> | Tinned meat | <input type="checkbox"/> | Face masks |
| <input type="checkbox"/> | Chocolate | <input type="checkbox"/> | Eye protection |
| <input type="checkbox"/> | Long life cheese | <input type="checkbox"/> | Protective gloves |
| <input type="checkbox"/> | Biscuits | <input type="checkbox"/> | Thermometer |
| <input type="checkbox"/> | Milk powder | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Snack bars | <input type="checkbox"/> | _____ |