

# SANITATION — 90-DAY SUPPLY LIST

Household of 4 | knf7.com — The Root Cellar | Print. Laminate. Store with your preparedness binder.

Sanitation failure is how disease spreads in a grid-down event. This list covers the minimum supplies to manage human waste, maintain handwashing, and prevent fecal-oral disease transmission for 90 days without running water. Set this up on Day 1 — not Day 3.

## SUPPLY LIST — SANITATION MINIMUM

Item	Quantity	Notes
<b>— WASTE MANAGEMENT —</b>		
5-gallon buckets with lids		
Toilet seat for bucket	1	Snap-on style fits standard 5-gallon bucket; strongly recommended for comfort and sanitation
Dry sawdust or carbon cover material	30+ gallons	Primary cover agent; used after every use to prevent odor and disease. Dried leaves, peat moss, or shredded paper as backup
Hydrated lime	50 lbs	Pit latrine cover material; odor control and pathogen reduction. Not required if using bucket/compost method exclusively
Heavy-duty plastic bags	100	Waste liner bags and general sanitation use; must be heavy-duty (not grocery bags)
<b>— HANDWASHING —</b>		
Bar soap	24 bars	Stores indefinitely; any soap works for pathogen removal. High barter value — store generously
Hand sanitizer (60%+ alcohol)	4 liters	Backup when no water available. Not effective against Cryptosporidium or C. diff. Use soap and water when possible
Push-button dispensing bottles (1L)	4	For hands-free handwashing station setup; one hand pumps, one hand washes
Washcloths / small towels		
<b>— DISINFECTION AND SURFACE CLEANING —</b>		
Household bleach, unscented (8.25%)	2 gallons	1:10 dilution for surface disinfection; also used for water treatment. Make fresh daily — degrades rapidly once diluted
Spray bottles		
<b>— PERSONAL HYGIENE —</b>		
Toothbrush	1 per person	Dental hygiene; dental infection without care access is a serious preventable complication
Toothpaste	90-day supply	4 oz per person per month is a reasonable estimate
Dental floss	90-day supply	
Dry shampoo / cornstarch	2 lbs	Hair management between water-using wash days
Menstrual cup or 90-day disposables		
<b>— OPTIONAL BUT RECOMMENDED —</b>		
Portable solar camp shower bag	1-2	2-4 gallon bag heats in sun for full-body rinse at minimal water cost
Mosquito dunks (Bti)		

Item	Quantity	Notes
Basin or dishpan for grey water	2	Collect handwashing grey water for toilet flushing; reduces water demand significantly

## DAILY WATER ALLOCATION — SANITATION

Use	Per Person Per Day	Notes
Handwashing	0.5–1 liter	<b>NON-NEGOTIABLE.</b> Every toilet use requires handwashing.
Sponge bath (face, armpits, groin, feet)	1–2 liters	Adequate for indefinite daily hygiene at 1/15 the water of a shower
Dental hygiene	0.1 liter (4 oz cup)	Brush and rinse; do not skip
Manual toilet flushing (transitional)	1.5 gal/flush	Grey water only; switch to bucket toilet as soon as possible to conserve

## CRITICAL PROTOCOLS — DO NOT SKIP

<b>Set up bucket toilet on Day 1</b>	Do not wait until the toilet backs up. Transition before you need to.
<b>Carbon cover material after every use</b>	This is the entire system. Without it: odor, disease risk, and failure. Keep it adjacent to the bucket.
<b>Wash hands after every toilet use</b>	No exceptions. No "just this once." Fecal-oral transmission is how disease spreads. Hand sanitizer is the only acceptable substitute when no water is available.
<b>Disposal: 200+ feet from water sources</b>	Human waste must be composted, pit-buried, or bagged and buried — never dumped on the surface or into waterways.
<b>Bleach solution: make fresh daily</b>	1 part bleach to 10 parts water. Apply to all touched surfaces after toilet use. Allow 10 minutes contact before wiping.
<b>Sick member protocol</b>	Dedicate a separate bucket to any household member with GI illness. Handle their laundry and dishes separately.

**WATERBORNE ILLNESS — RECOGNIZE AND RESPOND:** *Giardia* (1–3 week incubation, chronic diarrhea, 4–6 week self-limiting). *Cryptosporidium* (2–10 day incubation, watery diarrhea, 1–2 weeks). *Bacterial* (6 hours to 3 days, bloody diarrhea with *E. coli* O157:H7 requires medical care if available). **ORS recipe:** 1 liter clean water + 6 level teaspoons sugar + ½ teaspoon salt. See *Water — Finding, Filtering, Storing* for full waterborne illness section.