



# 21 Weeks to prepare

Weekly shopping list based on a family of 4

Week 1				
Tour your home to gather items you already have. Place all items in a waterproof bag or container before packing in kit. Check off each item as you go.				
<input type="checkbox"/> A sturdy, easy-to-carry container to hold items (backpack, duffle bag or large tote) <input type="checkbox"/> A set of clothes and sturdy shoes for each family member <input type="checkbox"/> Copies of important papers (birth certificates, ID, insurance policies, passports, home lease/deed, etc.)				
<input type="checkbox"/> A 3-day supply of your medications <input type="checkbox"/> A current list of family phone numbers and e-mails including someone who can be reached if local lines are down <input type="checkbox"/> A map (mark an evacuation route on it from your local area) <input type="checkbox"/> Extra cash in small bills <input type="checkbox"/> Spare keys for house and car <input type="checkbox"/> Spare glasses or contacts and solution <input type="checkbox"/> Books or toys				
Week 2	Week 3	Week 4	Week 5	Week 6
<input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 1 box crackers <input type="checkbox"/> 2 boxes energy bars <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> 2 cans meat/fish <input type="checkbox"/> 2 cans fruit/veggies <input type="checkbox"/> manual can opener <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> 1 pkg hand sanitizer <input type="checkbox"/> 1 antibacterial soap <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 liquid dish soap <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> 1 box facial tissues <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> first aid kit & guide <input type="checkbox"/> latex gloves <input type="checkbox"/> tweezers <input type="checkbox"/> weather radio \$1.75*
Week 7	Week 8	Week 9	Week 10	Week 11
<input type="checkbox"/> thermometer <input type="checkbox"/> allergy/pain reliever in childproof container <input type="checkbox"/> sunscreen <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> feminine supplies <input type="checkbox"/> comb & brush <input type="checkbox"/> 1 potted meat <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> towels & washcloths <input type="checkbox"/> toothbrushes & paste <input type="checkbox"/> shampoo, bar soap <input type="checkbox"/> deodorant <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> umbrella/slicker <input type="checkbox"/> scarf <input type="checkbox"/> winter gloves <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 pkg energy snacks <input type="checkbox"/> emergency blanket <input type="checkbox"/> matches <input type="checkbox"/> weather radio \$1.75*
Week 12	Week 13	Week 14	Week 15	Week 16
<input type="checkbox"/> flashlight <input type="checkbox"/> batteries <input type="checkbox"/> cotton rope <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> screwdriver <input type="checkbox"/> utility knife <input type="checkbox"/> pliers <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 2 cans fruit/veggies <input type="checkbox"/> 1 pkg eating utensils <input type="checkbox"/> 1 pkg plastic cups <input type="checkbox"/> paper towels/napkins <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> pet food & dishes <input type="checkbox"/> extra water <input type="checkbox"/> leash <input type="checkbox"/> litter pan/litter <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> 2 cans meat/fish <input type="checkbox"/> cell phone & charger <input type="checkbox"/> dried fruits and nuts <input type="checkbox"/> weather radio \$1.75*
Week 17	Week 18	Week 19	Week 20	Week 21
<input type="checkbox"/> 1 gallon water <input type="checkbox"/> extra flashlight <input type="checkbox"/> extra batteries for radio & flashlight <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> work gloves <input type="checkbox"/> dust masks <input type="checkbox"/> chlorine bleach <input type="checkbox"/> garbage bags & ties <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> plastic sheeting <input type="checkbox"/> plastic bucket & lid <input type="checkbox"/> disinfectant <input type="checkbox"/> notepad & pen <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> 2 boxes dry cereal <input type="checkbox"/> box graham crackers <input type="checkbox"/> whistle <input type="checkbox"/> duct tape <input type="checkbox"/> 1 pkg energy snacks <input type="checkbox"/> weather radio \$1.75*	<input type="checkbox"/> comfort foods <input type="checkbox"/> scissors <input type="checkbox"/> extra blankets <input type="checkbox"/> small pillows <input type="checkbox"/> water container <input type="checkbox"/> weather radio \$1.75*

\*Save \$1.75 a week and purchase your weather radio at the end of 21 weeks.

Customize your kit for your family.

For Baby: baby food, formula, bottles, diapers, extra water for formula and washing bottles

For Seniors: oxygen, walker, adult diapers, hearing aid with extra batteries and extra medications

For Pets: carrier, medicines, inoculation and health records, ID tags, photo of you with your pet(s)

For Children: toys, travel games, extra batteries, stuffed animal, cards, crayons, paper, books

Daylight Savings Time: When you change your clocks, check your kit! Replace expired food, medicine and batteries. Check clothing for fit and seasons. Also change smoke and carbon monoxide detector batteries.

For more preparedness tips, visit [redcross.org](http://redcross.org).