



American Red Cross



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