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 gallon water	__1 gallon water	__1 gallon water	__1 gallon water
__1 jar peanut butter	__2 cans meat/fish	__1 bottle juice	__1 liquid dish soap	__first aid kit & guide
__1 box crackers	__2 cans fruit/veggies	__1 pkg hand sanitizer	__2 rolls toilet paper	__latex gloves
__2 boxes energy bars	__manual can opener	__1antibacterial soap	__1 box facial tissues	__tweezers
__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*

Week 7	Week 8	Week 9	Week 10	Week 11
__thermometer	__1 gallon water	__towels & washcloths	__umbrella/slicker	__1 gallon water
__allergy/pain reliever in childproof container	__feminine supplies	__toothbrushes & paste	__scarf	__1 pkg energy snacks
	__comb & brush	__shampoo, bar soap	__winter gloves	__emergency blanket
__sunscreen	__1 potted meat	__deodorant	__1 bottle juice	__matches
__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*

Week 12	Week 13	Week 14	Week 15	Week 16
__flashlight	__1 gallon water	__2 cans fruit/veggies	__pet food & dishes	__1 gallon water
__batteries	__screwdriver	__1 pkg eating utensils	__extra water	__2 cans meat/fish
__cotton rope	__utility knife	__1 pkg plastic cups	__leash	__cell phone & charger
__1 bottle juice	__pliers	__paper towels/napkins	__litter pan/litter	__dried fruits and nuts
__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*

Week 17	Week 18	Week 19	Week 20	Week 21
__1 gallon water	__1 gallon water	__1 gallon water	__ 2 boxes dry cereal	__comfort foods
__extra flashlight	__work gloves	__plastic sheeting	__box graham crackers	__scissors
__extra batteries for radio & flashlight	__dust masks	__plastic bucket & lid	__whistle	__extra blankets
	__chlorine bleach	__disinfectant	__duct tape	__small pillows
__1 bottle juice	__garbage bags & ties	__notepad & pen	__1 pkg energy snacks	__water container
__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*	__weather radio $1.75*	__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.