



**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

- ☐ 1 gallon water
- ☐ 1 jar peanut butter
- ☐ 1 box crackers
- ☐ 2 boxes energy bars
- ☐ weather radio \$1.75*

Week 3

- ☐ 1 gallon water
- ☐ 2 cans meat/fish
- ☐ 2 cans fruit/veggies
- ☐ manual can opener
- ☐ weather radio \$1.75*

Week 4

- ☐ 1 gallon water
- ☐ 1 bottle juice
- ☐ 1 pkg hand sanitizer
- ☐ 1 antibacterial soap
- ☐ weather radio \$1.75*

Week 5

- ☐ 1 gallon water
- ☐ 1 liquid dish soap
- ☐ 2 rolls toilet paper
- ☐ 1 box facial tissues
- ☐ weather radio \$1.75*

Week 6

- ☐ 1 gallon water
- ☐ first aid kit & guide
- ☐ latex gloves
- ☐ tweezers
- ☐ weather radio \$1.75*

Week 7

- ☐ thermometer
- ☐ allergy/pain reliever in childproof container
- ☐ sunscreen
- ☐ weather radio \$1.75*

Week 8

- ☐ 1 gallon water
- ☐ feminine supplies
- ☐ comb & brush
- ☐ 1 potted meat
- ☐ weather radio \$1.75*

Week 9

- ☐ towels & washcloths
- ☐ toothbrushes & paste
- ☐ shampoo, bar soap
- ☐ deodorant
- ☐ weather radio \$1.75*

Week 10

- ☐ umbrella/slicker
- ☐ scarf
- ☐ winter gloves
- ☐ 1 bottle juice
- ☐ weather radio \$1.75*

Week 11

- ☐ 1 gallon water
- ☐ 1 pkg energy snacks
- ☐ emergency blanket
- ☐ matches
- ☐ weather radio \$1.75*

Week 12

- ☐ flashlight
- ☐ batteries
- ☐ cotton rope
- ☐ 1 bottle juice
- ☐ weather radio \$1.75*

Week 13

- ☐ 1 gallon water
- ☐ screwdriver
- ☐ utility knife
- ☐ pliers
- ☐ weather radio \$1.75*

Week 14

- ☐ 2 cans fruit/veggies
- ☐ 1 pkg eating utensils
- ☐ 1 pkg plastic cups
- ☐ paper towels/napkins
- ☐ weather radio \$1.75*

Week 15

- ☐ pet food & dishes
- ☐ extra water
- ☐ leash
- ☐ litter pan/litter
- ☐ weather radio \$1.75*

Week 16

- ☐ 1 gallon water
- ☐ 2 cans meat/fish
- ☐ cell phone & charger
- ☐ dried fruits and nuts
- ☐ weather radio \$1.75*

Week 17

- ☐ 1 gallon water
- ☐ extra flashlight
- ☐ extra batteries for radio & flashlight
- ☐ 1 bottle juice
- ☐ weather radio \$1.75*

Week 18

- ☐ 1 gallon water
- ☐ work gloves
- ☐ dust masks
- ☐ chlorine bleach
- ☐ garbage bags & ties
- ☐ weather radio \$1.75*

Week 19

- ☐ 1 gallon water
- ☐ plastic sheeting
- ☐ plastic bucket & lid
- ☐ disinfectant
- ☐ notepad & pen
- ☐ weather radio \$1.75*

Week 20

- ☐ 2 boxes dry cereal
- ☐ box graham crackers
- ☐ whistle
- ☐ duct tape
- ☐ 1 pkg energy snacks
- ☐ weather radio \$1.75*

Week 21

- ☐ 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.