



**American  
Red Cross**



# 21 Weeks to prepare

*Weekly shopping list based on a family of 4*

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