



21

WEEKS TO PREPARE

AMERICAN RED CROSS RECOMMENDS THESE ITEMS BE ADDED TO YOUR EMERGENCY PREPAREDNESS KIT



Week 1

GATHER ITEMS YOU ALREADY HAVE AT HOME. PLACE ITEMS IN A WATERPROOF BAG OR CONTAINER BEFORE PACKING IN YOUR KIT. CHECK OFF EACH ITEM AS YOU GO!

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|---|---|
| <input type="checkbox"/> A sturdy, easy-to-carry container to hold items such as a backpack, duffle bag or large tote | <input type="checkbox"/> 3-day supply of your medications |
| <input type="checkbox"/> A current list of family phone numbers & emails including someone who can be reached if local lines are down | <input type="checkbox"/> Spare glasses/contacts, solution |
| <input type="checkbox"/> Copies of important papers (birth certificates, ID, insurance policies, passports, home lease/deed, etc) | <input type="checkbox"/> Extra cash and small bills |
| <input type="checkbox"/> Set of clothes and sturdy shoes for each family member | <input type="checkbox"/> Spare keys for house and car |

Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 1 box of crackers <input type="checkbox"/> 2 boxes energy bars <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 2 cans meat/fish <input type="checkbox"/> 2 cans fruits/veggies <input type="checkbox"/> Manual can opener <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> 1 pack hand sanitizer <input type="checkbox"/> 1 antibacterial soap <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of 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 of water <input type="checkbox"/> First aid kit & guide <input type="checkbox"/> Latex gloves <input type="checkbox"/> Tweezers <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Thermometer <input type="checkbox"/> Allergy/pain reliever in a childproof container <input type="checkbox"/> Sunscreen <input type="checkbox"/> Weather radio \$1.75*
Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Feminine supplies <input type="checkbox"/> Comb and brush <input type="checkbox"/> 1 can meat and fish <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Towels/Washcloths <input type="checkbox"/> Toothbrush/paste <input type="checkbox"/> Shampoo, soap <input type="checkbox"/> Deodorant <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Umbrella/ rain coat <input type="checkbox"/> Scarf <input type="checkbox"/> Gloves <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 pack energy snacks <input type="checkbox"/> Emergency blanket <input type="checkbox"/> Matches <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Flashlight <input type="checkbox"/> Batteries <input type="checkbox"/> Rope <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Screwdriver <input type="checkbox"/> Utility knife <input type="checkbox"/> Pliers <input type="checkbox"/> Weather radio \$1.75
Week 14	Week 15	Week 16	Week 17	Week 18	Week 19
<input type="checkbox"/> 2 cans fruit/veggies <input type="checkbox"/> 1 pack of utensils <input type="checkbox"/> 1 pack of 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 box & litter <input type="checkbox"/> Weather radio \$1.75	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 2 cans meat/fish <input type="checkbox"/> Cell phone/charger <input type="checkbox"/> Dried fruit/nuts <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Extra flashlight <input type="checkbox"/> Extra batteries for radio and flashlight <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Work gloves <input type="checkbox"/> Dust mask <input type="checkbox"/> Chlorine bleach <input type="checkbox"/> Garbage bags <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Plastic sheeting <input type="checkbox"/> Plastic bucket / lid <input type="checkbox"/> Disinfectant <input type="checkbox"/> Notepad and pen <input type="checkbox"/> Weather radio \$1.75*
Week 20	Week 21	THINK ABOUT CUSTOMIZING YOUR KIT TO YOUR FAMILY Babies: baby food, formula, bottles, diapers, extra water for formula, washing clothes for bottles Children: toys, travel games, extra batteries, stuffed animal, cards, crayons, paper, puzzles, books Seniors: oxygen, walker, adult diapers, hearing aids with extra batteries, extra medications Pets: carrier, medication, vaccine and health records, ID tags, photos of you and your pet(s) *Save \$1.75 a week and purchase your weather radio at the end of 21 weeks.			
<input type="checkbox"/> 2 boxes dry cereal <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> Whistle <input type="checkbox"/> Duct tape <input type="checkbox"/> 1 pack 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*				