

Emergency Preparedness 8 Week Shopping List

Prepare your home for possible long or short term emergencies (i.e. floods or pandemic influenza) in advance of any real threat. Shopping all at once for emergency supplies can be expensive and time consuming. Reduce stress by budgeting and buying your purchases over several weeks to avoid long lines or empty shelves during an emergency.

WEEK 1 - FOOD

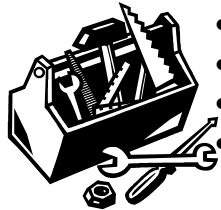
- (2-3) Gallon drinking water per person
- Sandwich bread (freeze until needed)
- Boxes of energy snacks - granola bars, raisins, nuts
- Cans of ready-to-eat soup and chili
- Boxes of dry cereals and crackers
- Canned or powdered milk, cans of juice
- Canned fruit, vegetables, fish and meat
- Jars of peanut butter & jam
- Instant coffee, tea and powdered drinks

TIP: Use food up before the expiration date and replace your supplies.



WEEK 2 - STORAGE

- Boxes of large plastic zip bags
- Plastic wrap and aluminum foil
- Boxes of heavy duty garbage bags
- Assorted plastic containers with lids.
- Coolers (keep a supply of ice in freezer)



WEEK 3 - HEALTH & FIRST AID

- (100 for each person) disposable face masks labeled N-95 (w/o a ventilator)
- Boxes of latex (or vinyl) gloves
- Hand sanitizers that are at least 60% alcohol (gel or wipes) and disinfectant sprays
- Antibiotic & cortisone creams/ointments
- Deodorant, toothpaste, soap, shampoo
- First Aid Kit with extra supplies of more used items like bandages
- A general health care and a first aid book

WEEK 4 - MEDICATIONS

- Extra supply of prescription medications
- A paper copy of your prescriptions
- Aspirin, ibuprofen or acetaminophen
- Anti-diarrhea medicine, re-hydration fluids
- Thermometers - reusable and disposable
- Cough syrup, decongestant, an antihistamine



WEEK 5 - CLEANING SUPPLIES & PAPER GOODS

- Manual can opener, matches, candles
- Disposable utensils, cups, plates
- Multi-packs of paper towels, toilet paper and tissues
- Liquid dish soap, detergent & bleach
- Extra sponges and rags



TIP: a 1/4 cup of bleach in one gallon of water is an all-purpose disinfectant

WEEK 6 - COMMON TOOLS

- Crank and battery operated flashlights, cell phone chargers, radio and lanterns
- Masking, duct and packing tapes
- Utility knife with extra blades, scissors
- Tools (screwdrivers, pliers, hammer)
- Safety goggles, heavy work gloves

WEEK 7 - SMART SUPPLIES

- Video, digital or disposable camera
- Notepad and pens
- Assorted safety pins, sewing kit items
- Several gallons of water to flush toilets
- Fire extinguisher(s)
- Portable (camping style) stove or grill
- An extra gas grill tank
- Mini hand & foot warmers (like hikers and skiers use)

WEEK 8 - SPECIAL ITEMS

- Foods or medical supplies for family members with special needs
- Extra batteries of various sizes
- If necessary extra hearing aid batteries
- Spare glasses, contact lenses, solution
- Pet food & water, leash, vaccination papers, carrier
- Baby food, formula, diapers, wipes
- Extra money, put aside 3 months of expenses if possible

