
WEEK 1

Grocery Store:

- 2 gallons water *
- 1 jar of peanut butter
- 6 - pack, 6 oz juice
- 2 cans meat/chicken/tuna *
- 1 6-pack fruit*
- 1 hand-operated can opener
- 2 permanent markers, paper & pen
- Feminine hygiene supplies
- Pain reliever in child proof container
***One per person**

Additional:

- Pet food
- 1 gallon water for each pet
- Leash or pet carrier
- Diapers
- Baby Food

Hardware Store:

- Heavy cotton or hemp rope
- Duct tape
- 2 flashlights with batteries; extra batteries
- Battery-powered radio; extra batteries

Action Steps:

- Test smoke alarms and replace batteries (at least once per year)
- Encourage neighbors to develop their own plans
- Sign up for First Aid/CPR class
- Check with your children's day care center or school about disaster plans and contacts. Make certain they have your emergency contact info.



For more information on getting prepared please visit the following websites:

Pandemicflu.gov

ready.gov

redcross.org

WEEK 2

Grocery Store:

- 1 gallon water *
- 1 jar of peanut butter
- 6 - pack, 6 oz juice*
- 1 can meat/chicken/tuna*
- 1 box high-energy snacks
- Comfort foods (candy bars, cookies, etc.)
- Qt. size Ziploc bags
*** One per person**

Additional:

- Medicines/prescriptions marked "for emergency use"
- Contact-lens supplies
- Special supplies and equipment such as hearing aid batteries

Hardware Store:

- Compass
- Hammer
- First aid kit
- Sunscreen

Action Steps:

- Develop a family disaster plan including where to meet if separated and can't return home.
- Identify storage area for your supplies. Communicate info to all family members.
- Date perishable items w/ marker
- Notify out-of-area contact to coordinate info for scattered family members
- Pick up local map at Chamber of Commerce

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