### 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

**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.

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

---

**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

**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

**Additional:**
- Medicines/prescriptions marked “for emergency use”
- Contact-lens supplies
- Special supplies and equipment such as hearing aid batteries

---

**For more information on getting prepared please visit the following websites:**
- Pandemicflu.gov
- ready.gov
- redcross.org