**Weekly shopping list based on a family of 4**

<table>
<thead>
<tr>
<th>Week</th>
<th>Items</th>
</tr>
</thead>
</table>
| **Week 1** | 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.  
___A sturdy, easy-to-carry container to hold items (backpack, duffle bag or large tote)  
___A set of clothes and sturdy shoes for each family member  
___Copies of important papers (birth certificates, ID, insurance policies, passports, lease/deed, etc.)  
___A 3-day supply of your medications  
___A current list of family phone numbers and e-mail addresses including someone who can be reached if local lines are down  
___A map (mark an evacuation route on it from your local area)  
___Extra cash in small bills  
___Spare keys for house and car  
___Spare glasses or contacts and solution  
___Books or toys |
| **Week 2** |  
___1 gallon water  
___1 jar peanut butter  
___1 box crackers  
___2 boxes energy bars  
___weather radio $1.75* |
| **Week 3** |  
___1 gallon water  
___2 cans meat/fish  
___2 cans fruit/veggies  
___manual can opener  
___weather radio $1.75* |
| **Week 4** |  
___1 gallon water  
___1 bottle juice  
___1 pkg hand sanitizer  
___1 antibacterial soap  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 5** |  
___1 gallon water  
___1 liquid dish soap  
___2 rolls toilet paper  
___1 box facial tissues  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 6** |  
___2 cans meat/fish  
___1 qallon water  
___Spare glasses or contacts and solution  
___Books or toys |
| **Week 7** |  
___1 gallon water  
___feminine supplies  
___comb & brush  
___1 potted meat  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 8** |  
___towels & washcloths  
___umbrella/slicker  
___1 bottle juice  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 9** |  
___1 gallon water  
___toothbrushes & paste  
___shampoo, bar soap  
___deodorant  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 10** |  
___towels & washcloths  
___umbrella/slicker  
___1 bottle juice  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 11** |  
___1 gallon water  
___1 pkg energy snacks  
___emergency blanket  
___matches  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 12** |  
___1 potted meat  
___1 gallon water  
___1 screwdriver  
___utility knife  
___1 pliers  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 13** |  
___1 gallon water  
___2 cans fruit/veggies  
___1 pkg eating utensils  
___1 pkg plastic cups  
___paper towels/napkins  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 14** |  
___pet food & dishes  
___extra water  
___leash  
___litter pan/litter  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 15** |  
___feminine supplies  
___comb & brush  
___1 potted meat  
___1 gallon water  
___2 cans meat/fish  
___extra cash in small bills  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 16** |  
___extra cash in small bills  
___2 cans fruit/veggies  
___lotion  
___paper towels/napkins  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 17** |  
___1 gallon water  
___extra flashlight  
___extra batteries for radio & flashlight  
___1 bottle juice  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 18** |  
___1 gallon water  
___work gloves  
___dust masks  
___chlorine bleach  
___garbage bags & ties  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 19** |  
___1 gallon water  
___plastic sheeting  
___plastic bucket & lid  
___disinfectant  
___notepad & pen  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 20** |  
___2 boxes dry cereal  
___box graham crackers  
___whistle  
___duct tape  
___1 pkg energy snacks  
___weather radio $1.75*  
___weather radio $1.75* |
| **Week 21** |  
___extra water  
___extra cash in small bills  
___paper towels/napkins  
___weather radio $1.75*  
___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.