

# Disaster Preparation Shopping List

Adding a few items to your regular shopping list each week is the easiest way to complete your Disaster Preparation and avoid a last-minute rush. These items can be purchased over a 3-month period. Also, check at flea markets, yard sales and Goodwill or Salvation Army stores.

## **Week 1**

### **Groceries**

- 1 gallon of drinking water per person
- 1 jar of peanut butter
- 1 can of meat, chicken or tuna
- Hand-operated can opener
- Instant coffee, tea, powdered drinks
- Matches (wooden are best)

### **Household Supplies**

- Flashlights (one per person + spare batteries)
- Hammer
- Assorted nails
- Wood screws
- NOAA weather radio battery powered

## **Week 2**

### **Groceries**

- 1 gallon of drinking water per person
- 1 can of meat, chicken or tuna
- 1 can of fruit
- Personal products
- Baby food & supplies (if needed)

### **Household Supplies**

- Smoke alarm with batteries
- Heavy work gloves (leather palms – 1 pair for each person)
- Duct tape
- Aluminum foil

## **Week 3**

### **Groceries**

- 1 gallon of drinking water per person
- 1 can of vegetables
- 1 jar of jelly or jam
- Special foods for special diet (if needed)

### **Household Supplies**

- 1 4-roll package of toilet paper
- 1 tube of toothpaste
- 1 box of anti-bacterial wipes or liquid hand sanitizer

## **Week 4**

### **Groceries**

- 1 gallon of water per person for sanitation
- 1 can of ready to eat soup (not concentrated)
- 1 can of fruit
- 1 can of vegetables

### **Week 5**

#### **Groceries**

- 1 can of ready to eat soup (not concentrate)
- 1 can of meat, chicken or tuna

#### **Household Supplies**

- Liquid dish soap
- 1 gallon unscented bleach
- Insect repellent
- Waterproof container for important documents (1 gallon zip-lock bags)
- Battery and/or crank operated am/fm radio with weather channels
- Blankets or sleeping bag for each family member
- Portable camp stove or grill
- Stove fuel or charcoal and lighter fluid (NEVER use indoors)

### **Week 6**

#### **Groceries**

- 1 large can of juice
- 1 box of gallon freezer bags
- 1 box or quick-energy snacks (like Clif Bars)

#### **Household Supplies**

- 2 rolls of paper towels
- Plastic wrap
- Oven mitts

### **Week 7**

#### **Groceries**

- 1 can of meat, chicken or tuna
- 1 can of fruit
- 1 can of vegetables

### **Week 7 (continued)**

#### **Household Supplies**

- 1 package of paper plates
- 1 package of eating utensils
- 1 package of paper cups
- 1 whistle
- 1 ABC fire extinguisher
- 1 pair of pliers or vice grips
- 1 adjustable wrench

### **Week 8**

#### **Groceries**

- 1 can of meat, chicken or tuna
- 1 can of vegetables
- 1 box of quick-energy snacks (like Clif Bars)

### Household Supplies

- 1 box heavy duty garbage bags
- Facial Tissues
- Tarps or canvas for temporary roof repair
- Crowbar
- Hatchet
- Battery powered camping lantern (and spare batteries)

### Week 9

#### Groceries

- 1 Box of crackers (saltines)
- 2 Boxes of dry cereal

### Household Supplies

- Assorted plastic containers with lids
- Assorted safety pins
- Double sided tape or sticky back Velcro
- 1 roll of making tape
- Extra batteries for flashlights, lantern & hearing aids (if needed)

### Week 10

#### Groceries

- 1 Box of quick energy snacks (like Clif Bars)
- Sandwich bread (freeze until needed)

### Household Supplies

- Ice chest or cooler
- Camping or utility knife
- Local, county and state road maps (Florida Gazetteer)
- Plywood and fasteners to cover windows
- Old fashioned plug in to a jack telephone (not electric)

### Week 11

#### Groceries

- 1 can of meat, chicken or tuna
- 1 can of fruit

### Household Supplies

- 2 rolls of paper towels
- 1 box of disposable dust masks
- Assorted screwdrivers
- 1 pair safety goggles
- Hand saw or chain saw with fuel & bar oil
- Generator with extra fuel (if you can afford it – do NOT use inside)

### Pet Supplies

- Pet carrier
- 3 day supply of food & water
- Collar & leash & Meds
- Treats & toys

### Tips and Things To-Do

- ✓ Make a family disaster preparation & response plan
- ✓ Video or Photo the contents of your home. Save to CD, DVD or USB)
- ✓ Photocopy important documents (see suggested list below)
- ✓ Place all records in waterproof container to take with you if needed
- ✓ Establish an out of area contact to call in case of emergency
- ✓ Install & test smoke detectors (if you haven't already)
- ✓ Obtain emergency cash (small denominations)
- ✓ Locate water and electrical shutoffs
- ✓ Prepare a 3 to 10 day "Bug Out Bag" in case you need to evacuate
- ✓ Use 16 drops per gallon of unscented bleach to sanitize water
- ✓ Rotate supplies to keep them fresh and ready for an emergency

### Important Documents to keep in a waterproof, portable container, like an ammo can:

- ✓ Passports
- ✓ Social Security cards
- ✓ Immunization records
- ✓ Medical records
- ✓ Will & Trusts
- ✓ Insurance Policies
- ✓ Contracts
- ✓ Deeds
- ✓ Stocks & Bonds
- ✓ Bank account numbers
- ✓ Credit card information & contact phone numbers
- ✓ Household inventory
- ✓ Important phone numbers
- ✓ Family records/certificate
- ✓ Family photographs
- ✓ Anything irreplaceable