American Red Cross

21 Weeks to prepare

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, home lease/deed, etc. __A 3-day supply of your medications __A current list of family phone numbers and e-mails 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	Week 3	Week 4	Week 5	Week 6
__1 gallon water __1 jar peanut butter __1 box crackers __2 boxes energy bars __weather radio $1.75*	__1 gallon water __2 cans meat/fish __2 cans fruit/veggies __manual can opener __weather radio $1.75*	__1 gallon water __1 bottle juice __1 pkg hand sanitizer __1antibacterial soap __weather radio $1.75*	__1 gallon water __1 liquid dish soap __2 rolls toilet paper __1 box facial tissues __weather radio $1.75*	__1 gallon water __first aid kit & guide __latex gloves __tweezers __weather radio $1.75*
Week 7	**Week 8**	**Week 9**	**Week 10**	**Week 11**
__thermometer __allergy/pain reliever in childproof container __sunscreen __weather radio $1.75*	__1 gallon water __feminine supplies __comb & brush __1 potted meat __weather radio $1.75*	__towels & washcloths __toothbrushes & paste __shampoo, bar soap __deodorant __weather radio $1.75*	__umbrella/slicker __scarf __winter gloves __1 bottle juice __weather radio $1.75*	__1 gallon water __1 pkg energy snacks __emergency blanket __matches __weather radio $1.75*
Week 12	**Week 13**	**Week 14**	**Week 15**	**Week 16**
__flashlight __batteries __cotton rope __1 bottle juice __weather radio $1.75*	__1 gallon water __screwdriver __utility knife __pliers __weather radio $1.75*	__2 cans fruit/veggies __1 pkg eating utensils __1 pkg plastic cups __paper towels/napkins __weather radio $1.75*	__pet food & dishes __extra water __leash __litter pan/litter __weather radio $1.75*	__1 gallon water __2 cans meat/fish __cell phone & charger __dried fruits and nuts __weather radio $1.75*
Week 17	**Week 18**	**Week 19**	**Week 20**	**Week 21**
__1 gallon water __extra flashlight __extra batteries for radio & flashlight __1 bottle juice __weather radio $1.75*	__1 gallon water __work gloves __dust masks __chlorine bleach __garbage bags & ties __weather radio $1.75*	__1 gallon water __plastic sheeting __plastic bucket & lid __disinfectant __notepad & pen __weather radio $1.75*	__ 2 boxes dry cereal __box graham crackers __whistle __duct tape __1 pkg energy snacks __weather radio $1.75*	__comfort foods __scissors __extra blankets __small pillows __water container __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.