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