

EMERGENCY PREPAREDNESS ♦ 8 WEEK SHOPPING LIST

Prepare your home for an influenza pandemic (or any serious emergency) in advance of any real threat. Shopping all at once for emergency supplies can be expensive and time consuming. Reduce stress by budgeting your purchases and avoiding long lines or empty shelves during an emergency.

WEEK 1 - FOOD

- (1) Gallon drinking water per person
- Sandwich bread (freeze until needed)
- (3) Boxes of energy snacks - granola bars, raisins, nuts
- (5) Cans of ready-to-eat soup & chili
- (4) Boxes of dry cereals and crackers
- Canned or powdered milk, cans of juice
- (4) Cans of fruit, vegetables, fish and meat
- Jars of peanut butter & jelly
- Instant coffee, tea or powdered drinks

WEEK 2 - STORAGE

- (2) Boxes of large plastic zip bags
- (2) Plastic wrap and aluminum foil
- (3) Boxes of heavy duty garbage bags
- Coolers (keep a supply of ice in freezer)
- Assorted plastic containers with lids

WEEK 3 - HEALTH & FIRST AID

- (50) Protective face masks labeled N-95
- Boxes of latex (or vinyl) gloves
- Alcohol (60%) based hand sanitizers (wipes or gel) and a disinfectant spray
- Antibiotic and cortisone creams/ointments
- Deodorant, toothpaste/toothbrushes, soap, shampoo
- First Aid Kit and Book

WEEK 4 - MEDICATIONS

- Extra supply of prescription medications
- A paper copy of your prescriptions
- Aspirin, ibuprofen or acetaminophen
- Anti-diarrhea medicine & rehydration fluids
- Thermometer
- Cough syrup, decongestant, antihistamine

WEEK 5 - CLEANING SUPPLIES and PAPER GOODS

- Manual can opener, matches, candles
- Disposable utensils, cups, plates
- Paper towels, toilet paper and tissues
- Liquid dish soap, detergent & bleach
- Extra sponges and rags
- Bleach: 1/4 cup of bleach + one gallon of water is an all-purpose disinfectant

WEEK 6 - COMMON TOOLS

- Crank operated flashlights, cell phone chargers, radio and lanterns
- Masking, duct and packing tapes
- Utility knife with extra blades, scissors
- Tools (screwdrivers, pliers, hammer, etc)
- Safety goggles, heavy work gloves

WEEK 7 - SMART SUPPLIES

- Video, digital or disposable camera
- Notepad and pens
- Assorted safety pins, sewing kit items
- Several gallons of water to flush toilets
- Fire extinguisher(s)
- Portable (camping style) stove or grill

WEEK 8 - SPECIAL ITEMS

- Foods or medical supplies for family members with special needs
- Extra hearing aid batteries
- Items for denture care
- Spare glasses, contact lenses, solution
- Pet food & water, leash, vaccination papers, carrier
- Baby supplies
- Games, activities, books



- ✓ Create a Family Action Plan ... make sure everyone understands what to do.
- ✓ Compile a family contact directory with home, work and cell telephone numbers.
- ✓ Establish emergency contacts outside of your immediate family.
- ✓ Put aside money to cover a few weeks' finances. Keep important documents in a portable container.