

American Red Cross

5-Week Emergency Supply Shopping List and Action Plan

Week 1	Week 2	Week 3	Week 4	Week 5
Grocery Store	Hardware Store	Grocery Store	Personal Items	First Aid Supplies
2 gallons of water 1 jar of peanut butter 1 gallon of fruit juice 1 can of meat/tuna Special food for your special needs Manual can opener Marking pen Pet food/supplies Baby food/diapers/formula	2 whistles 2 flashlights Batteries for flashlights 2 rolls of toilet paper Paper towels Heavy duty plastic bags Disinfectant Water-proof container Leash/harness/carrier for your pet Small tool kit 1 roll of duct tape	1 gallon of water 1 can of fruit 1 can of vegetables Writing paper/note pad Pencils Map of local area 1 bottle of aspirin or aspirin substitute Laxative Water for pets 1 gallon bleach Food bags Dozen quick energy bars	Extra medications marked "For Emergency Only" Toothpaste Tooth brush Liquid soap Hearing aid batteries Eye glasses or contact lens cleaner Small amount of money for emergency needs	Sterile adhesive Bandages Safety pins Adhesive tape Latex gloves Sunscreen Gauze pads Toothbrush and tooth paste Hand wipes Tweezers
To Do				
Make list of contacts: Name/address/home phone number/work phone number Emergency contact for: Children Children's spouses Relatives Make 2 copies of all important documents: Insurance papers Medication list Medical information Disability information Contacts for personal care	Make small grab bag to hang on door with medication list, whistle and flashlight. Place flashlight and whistle by your bed. Place sturdy shoes, blanket and change of clothes by your bed. Make a list of important information and place in freezer. Tell family where it is.	Send 1 copy of document list and 1 copy of contact list to someone that does not live where you live for safekeeping. Put all supplies in a large plastic container with lid and place in a safe place where you have access to items. Take a tour of where water, gas, electric box are located.	Complete "Needs Assessment" for different disasters you may encounter: flood, fire, power outage, etc. Date perishable foods. Practice a drill. Reduce clutter and hazards by doors. Inventory your possessions.	Make floor plan of your room. Make floor plan of your house/condo/apartment building floor. Mark all escape routes Identify safe place to go if there is a disaster. Talk to neighbors and set a plan for all of you to help each other.