

20 WEEKS TO EMERGENCY PREPAREDNESS

WEEK 1

- LARGE TOTE BAG OR TOTE FOR ITEMS
- 4 GALLONS OF WATER
- CASH (SMALL BILLS)

WEEK 2

- 4 GALLONS OF WATER
- 2 CANS OF FRUIT
- 2 CANS OF VEGETABLES

WEEK 3

- PUZZLES/CARDS
- PENS/MARKERS
- PAPER



WEEK 4

- 4 GALLONS OF WATER
- 2 CANS OF MEAT PEANUT BUTTER

WEEK 5

- SNACKS/CANDY
- 2 CANS OF FRUIT
- 2 CANS OF SOUP



WEEK 6

- MANUAL CAN OPENER
- GRANOLA BARS
- 2 CANS OF MEAT

WEEK 7

- PAPER PLATES
- PLASTIC UTENSILS
- PLASTIC CUPS



WEEK 8

- 4 GALLONS OF WATER
- 2 CANS OF SOUP
- 2 CANS OF BEANS

WEEK 9

- PRESCRIPTION MEDICATION
- WHISTLE



WEEK 10

- 4 GALLONS OF WATER
- DRY FRUIT/TRAIL MIX

WEEK 11

- FIRST AID KIT
- PAIN RELIEVER
- HAND SANITIZER



WEEK 12

- SOAP
- SHAMPOO AND CONDITIONER
- HAIRBRUSH

WEEK 13

- TOILET PAPER
- TOOTHPASTE
- TOOTH BRUSH
- FEMININE HYGINE SUPPLIES

WEEK 14

- CRACKERS
- 2 CANS OF FRUIT
- ENERGY BARS



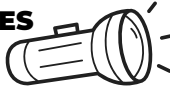
WEEK 15

- 4 GALLONS OF WATER
- BASIC TOOLS
- DUCT TAPE



WEEK 16

- BATTERY POWERED RADIO
- 2 FLASHLIGHTS
- BATTERIES



WEEK 17

- UTILITY KNIFE
- MATCHES/LIGHTER
- CANDLES



WEEK 18

- BLANKETS
- CHANGE OF CLOTHES
- SHOES
- BLEACH

WEEK 19

- GARBAGE BAGS
- EXTRA KEYS
- PHONE CHARGERS



WEEK 20

- PET SUPPLIES
- INFANT SUPPLIES



REMEMBER TO CONSIDER THE SIZE OF YOUR FAMILY AND ANY UNIQUE NEEDS AS YOU CREATE YOUR KIT.

*FOR WEEK 20, LOOK THROUGH YOUR KIT AND CUSTOMIZE ANYTHING YOUR FAMILY MAY NEED, SUCH AS BABY FOODS, FORMULA, DIAPERS, PET FOOD, PET CARRIERS, RECORDS AND/OR EXTRA MEDICATIONS.