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