

## 20 Weeks to Preparedness – Weekly shopping guide

<p><u>Week 1</u>            1 Gallon water            1 jar peanut butter            1 large can juice            1 can meat            Hand operated can opener            Permanent marking pen</p>	<p><u>Week 2</u>            Heavy cotton rope            Duct Tape            2 flashlights w/batteries            Matches (Waterproof container)</p>	<p><u>Week 3</u>            1 Gallon water            1 can meat            1 can fruit            Feminine hygiene supplies,            paper &amp; pencil, map of area,            aspirin &amp; laxative</p>	<p><u>Week 4</u>            Patch kit for tires            Signal flare            Compass</p>	<p><u>Week 5</u>            1 Gallon water            1 can meat            1 can fruit            1 can vegetables            2 rolls toilet paper            Extra toothbrush/paste</p>
<p><u>Week 6</u>            Sterile adhesive bandages            Safety pins            Adhesive tape            Latex gloves            Sunscreen            Gauze/roller bandages</p>	<p><u>Week 7</u>            1 gallon water            1 can ready-to-eat soup            1 can fruit            1 can vegetables            Sewing kit            Disinfectant</p>	<p><u>Week 8</u>            Scissors, Tweezers            Thermometer            Tongue depressors            Liquid antibacterial soap            Disposable hand wipes            Needles            Petroleum jelly</p>	<p><u>Week 9</u>            1 can ready-to eat soup            Liquid dish soap            Household chlorine bleach            Heavy duty garbage bags            Antacids            Contact Lens Care kit</p>	<p><u>Week 10</u>            Waterproof plastic container            for important papers            Battery – powered radio            Wrenches to turn off utilities</p>
<p><u>Week 11</u>            1 large can juice            Large plastic food bags            1 box quick energy snacks            3 rolls paper towels            Medicine dropper</p>	<p><u>Week 12</u>            Extra harness, leash ID tags,            food for service animal and/or            pets            Litter/pan            Extra water            Veterinary records for pets</p>	<p><u>Week 13</u>            Whistle            Pliers            Screwdriver            Hammer            Perforated metal tape            Crow bar</p>	<p><u>Week 14</u>            1 can fruit            1 can meat            1 can vegetables            1 package eating utensils            1 package paper cups</p>	<p><u>Week 15</u>            Extra flashlight batteries            Extra battery for portable radio            Assorted nails            Wood screws            Labels for equipment and            supplies</p>
<p><u>Week 16</u>            1 can meat            1 can vegetables            1 box facial tissue            1 box quick energy snacks            Dried fruit/nuts</p>	<p><u>Week 17</u>            1 box graham crackers            Assorted plastic containers with            lids            Dry Cereal            Anti-diarrhea medication            Rubbing alcohol            Antiseptic            Syrup of ipecac and activated            charcoal</p>	<p><u>Week 18</u>            Child proof latches            Double sided tape (or Velcro)            Plastic bucket with tight lid            Plastic sheeting</p>	<p><u>Week 19</u>            1 box quick energy snacks            Comfort foods            Plastic wrap            Aluminum foil            Denture care items (if needed)</p>	<p><u>Week 20</u>            Camping or utility knife            Work gloves            Safety goggles            Disposable dust masks            2 blank video cassettes            Extra battery for motorized            mobility aids</p>