Your Weekly List at a Glance

- A **battery-powered radio** with extra batteries to receive emergency information.
- **Flashlights** or battery-powered lanterns with extra batteries—don't use candles as they pose a serious fire risk.
- **Water** to last three days—at least one gallon per person per day for drinking and sanitation. Start with one gallon this week.

Tips for Week One

- Start with these items that our local emergency responders consider most critical to getting you through the first 72 hours until basic services may be restored.
- Don't be overwhelmed by a huge list of items. We've identified the most important ones. Just buy a few items each week for seven weeks, and you'll be prepared for the most likely emergencies.
- Commercially bottled water is recommended to ensure safety. Replace before "use by" date expires.
Your Weekly List at a Glance

☐ Manual can opener

☐ First Aid Kit - should include gauze and bandages, tweezers, scissors and antiseptic ointment

☐ Airtight bags, storage containers, and a permanent marker

☐ Extra prescription medications, and glasses, or contact lens solution

☐ Bring home another gallon of water

☐ Non-perishable food - start with a few cans of meat, fruits, peanut butter and crackers.

☐ Plastic sheeting, tarp, and duct tape

Tips for Week Two

• Even if you have supplies throughout your house, it's important to keep an emergency supply kit in a designated place in case you have to leave your home quickly.
• Consider having at least two emergency supply kits - one at home and one in your vehicle.
• Rotate your stock of food, water, medicines and batteries every six months to ensure freshness.
Your Weekly List at a Glance

- Dust filter masks
- Whistle to signal for help
- Finish buying water - at least one gallon per person per day
- Cash and important family documents like copies of credit cards, insurance policies and deeds. Consider a water/fire proof container in your "go bag"
- Regular household bleach, unscented, and an eye dropper - 16 drops to disinfect one gallon of water
- Juice - single-serve size is best since you may not have refrigeration
- Nutrition/high energy bars

Tips for Week Three

- Plan and discuss how you will escape your home in case of fire or a sudden emergency.
- Tap water may need to be purified with bleach following a disaster.
- Plan to have at least one can of meat or main entree for each family member per day.
- Select two places to meet with your family after an emergency or disaster-one near your home and the other outside of your neighborhood in case it's not safe to return.
Your Weekly List at a Glance

- Disposable camera with flash to document damage
- Utility knife and/or scissors
- Trash bags - heavy duty
- Matches in waterproof container
- Sanitizing wipes
- Extra set of car and house keys
- Fruit - canned or snack-pack

Tips for Week Four

- Pack a "go bag" with a condensed version of your home emergency kit in case you need to relocate temporarily. If evacuating a note with detailed information.
- Dried fruit can be a good substitute for canned fruit.
- Stay in the habit of keeping your gas tank half full and keeping your cell phone charged.
- If you evacuate, remember your home or car phone charger.
Your Weekly List at a Glance

- Gloves - latex/non-latex
- Plastic or paper plates, cups and utensils
- Canned vegetables, soup/stew
- Toilet paper and paper towels
- Travel sizes of personal hygiene items - dental care, soap, feminine care, deodorant, etc.
- Disinfectant - non-aerosol
- Supplies for baby, elderly, or disability needs

Tips for Week Five

- Select an emergency contact person outside of the area for family members to call in case they are separated.
- Keep a copy of this seven-weeks list in your car to have handy when shopping. Check off items as you go.
- Make sure that all adults and teens in the family know how to turn off water and electric utilities. Always have a professional turn them back on.
- Never use a portable home generator in an enclosed area. Follow manufacturer's instructions.
Your Weekly List at a Glance

- **Blankets** and small pillows
- **Towels**
- **Extra clothing**, outerwear and comfortable footwear
- **Small photo album** with current photos of family members and pets
- **Assorted crackers and nuts** (low-salt or salt-free are best to reduce thirst)

**Tips for Week Six**

- Do you have home fire extinguishers (rated ABC)? Ask your local volunteer fire company to show you how to check them and when to replace them.
- Use a permanent marker to label storage containers. Circle or mark expiration dates and plan to rotate supplies every six months - perhaps in the spring and fall when you change the clocks.
Your Weekly List at a Glance

- Small tool kit including wrench or pliers to shut off utilities, plus a hammer and nails
- Signal flares
- Insect repellant
- Sunscreen
- Granola or dry cereal
- Food and extra water for pets
- Fire extinguisher

Tips for Week Seven

- Print out emergency references pages from Ready? Set? Good, web site and keep in your emergency kit.
- Include pets in your plan. The Humane Society has pet preparedness tips for your pets.
- Take your “go bag” along on vacation.

Congratulations!

You now have a basic 72-hour home emergency preparedness kit. Practice your family plan and look for more information on our web site.