

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 & pencil, map of area, aspirin & 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>