



## 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 repellent**
- 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.