Weeks to prepare

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Tour your home to gather items you already have. Place all items in a waterproof bag or container before packing in kit. Check off each item as you go.</th>
<th><em>A 3 day supply of your medications</em></th>
<th><em>A current list of family phone numbers and e-mails including someone who can be reached if local lines are down.</em></th>
<th>_A map (mark an evacuation route from your local area) _</th>
<th><em>Extra cash in small bills</em></th>
<th><em>Spare keys for house and car</em></th>
<th><em>Spare glasses or contacts and solution</em></th>
<th><em>Books or toys</em></th>
</tr>
</thead>
</table>
| Week 2 | _1 gallon of water_  
_1 jar of peanut butter_  
_1 box of crackers_  
_2 boxes of energy bars_  
_Weather radio $1.75*_ | _1 gallon of water_  
_2 cans meat/fish_  
_2 cans fruits/veggies_  
_Manual Can opener_  
_Weather radio $1.75*_ | _1 gallon of water_  
_1 bottle juice_  
_1 pkg hand sanitizer_  
_1 antibacterial soap_  
_Weather radio $1.75*_ | _1 gallon of water_  
_1 liquid dish soap_  
_2 rolls toilet paper_  
_1 box facial tissue_  
_Weather radio $1.75*_ | _1 gallon of water_  
_First aid kit & guide_  
_Latex gloves_  
_Tweezers_  
_Weather radio $1.75*_ |
| Week 3 | _Thermometer_  
_Allergy/pain reliever in a childproof container_  
_Sunscreen_  
_Weather radio $1.75*_ | _1 gallon of water_  
_Feminine supplies_  
_Comb & brush_  
_1 potted meat_  
_Weather radio $1.75*_ | _Towels & washcloths_  
_Toothbrushes & paste_  
_Shampoo, bar soap_  
_Deoderant_  
_Weather radio $1.75*_ | _Umbrella/slicker_  
_Winter gloves_  
_1 bottle juice_  
_Weather radio $1.75*_ | 
| Week 4 | _Flashlight_  
_Batteries_  
_Cotton rope_  
_Weather radio $1.75*_ | _1 gallon of water_  
_Screwdriver_  
_Utility knife_  
_Pliers_  
_Weather radio $1.75*_ | _2 cans fruit/veggies_  
_1 pkg eating utensils_  
_1 pkg plastic cups_  
_Paper towels/napkins_  
_Weather radio $1.75*_ | _Pet food & dishes_  
_EXTRA water_  
_Leash_  
_Litter pan/litter_  
_Weather radio $1.75*_ | 
| Week 5 | _Comfort foods_  
_Scissors_  
_EXTRA blankets_  
_Small pillows_  
_Water container_  
_Weather radio $1.75*_ | _1 gallon of water_  
_Plastic sheeting_  
_Plastic bucket & lid_  
_Disinfectant_  
_Notepad & pen_  
_Weather radio $1.75*_ | _2 boxes dry cereal_  
_1 box graham crackers_  
_Whistle_  
_Duct tape_  
_1 pkg energy snacks_  
_Weather radio $1.75*_ | 
| Week 6 | _Extra cash in small bills_  
_Spare keys for house and car_  
_Spare glasses or contacts and solution_  
_Books or toys_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | 
| Week 7 | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | 
| Week 8 | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | 
| Week 9 | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | 
| Week 10 | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | 
| Week 11 | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | _Weather radio $1.75*_ | 

*Save $1.75 a week and purchase your weather radio at the end of 21 weeks.

Customize your kit for your family
For baby: baby food, formula, bottles, diapers, extra water for formula and washing bottles
For seniors: oxygen, walker, adult diapers, hearing aid with extra batteries and extra medications
For pets: carrier, medicines, inoculation and health records, ID tags, photo of you with your pet(s)
For children: toys, travel games, extra batteries, stuffed animal, cards, crayons, paper, books

Daylight Savings Time: When you change your clocks, check your kit! Replace expired food, medicine and batteries. Check clothing for fit and seasons. Also change smoke and carbon monoxide detector batteries.

For more preparedness tips, visit redcross.org