They are counting on you...
Are YOU prepared for a disaster?

Having supplies before a disaster happens is a smart way to help your family be better prepared.

...because they DEPEND ON YOU to be there in an emergency.

Who depends on YOU?

Preparedness Shopping List
A 10-Week Guide

For Information:

Be involved in your community...

Participate
Map Your Neighborhood (MYN)
www.emd.wa.gov

Training Opportunities
Community Emergency Response Team (CERT)
www.citizencorps.gov

First Aid/CPR
Additional Red Cross training
www.redcross.org

www.WhoDependsOnYou.com
Disasters natural or otherwise can strike at any time and any place. Here are 10 week’s worth of shopping lists that will help you with easy, manageable steps to make sure your family is prepared before a disaster happens.

**Week 1: Storage**
- 2 boxes of large plastic zip bags
- Plastic wrap
- 2 rolls of aluminum foil
- Assorted plastic containers with lids
- 3 boxes of heavy duty garbage bags
- Waterproof portable plastic container with lid

**Week 2: Food (per person)**
- 3 gallons of water
- Extra water for pets, cooking, and personal hygiene
- Sandwich bread (freeze until needed)
- 1 box of crackers
- Dry cereal
- 4 cans of fruit
- 5 cans of meat
- 4 cans of vegetables
- 1 jar of jelly or jam
- 1 jar of peanut butter
- 1 large can of juice
- Instant coffee/tea/powdered drinks
- 2 cans of ready-to-eat soup

**Week 3: Health & First Aid**
- Bottle of shampoo
- Antiseptic
- Deodorant
- Tweezers
- Hydrogen peroxide
- First aid book
- First aid tape
- Box of sanitary hand wipes/liquid sanitizer
- Large tube of toothpaste
- Petroleum jelly
- Adhesive bandages, assorted sizes
- Rolls of gauze or bandages

**Week 4: Medications**
- Anti-diarrhea medicine
- Aspirin and/or acetaminophen
- Extra supply of prescription medications
- Adult vitamins
- Thermometer

**Week 5: Cleaning & Supplies**
- 2 packages of eating utensils, paper cups, and paper plates
- Facial tissues
- 2 rolls of paper towels
- 4 rolls of toilet paper
- Liquid dish soap
- Mosquito repellent
- Matches
- 2 pairs of latex gloves
- Broom, mop and bucket
- Unscented liquid bleach

**Week 6: Common Tools**
- Battery operated or crank radio
- Flashlights
- Batteries for flashlights and radios
- Assorted safety pins
- Scissors
- Screwdriver

**Week 6 continued...**
- Camping or utility knife
- Box of disposable dust masks
- Stove fuel/charcoal, lighter fluid
- Pliers
- Vise grips
- Hammer
- Heavy work gloves
- Plastic safety glasses
- Fire extinguisher

**Week 7: Heavy Tools**
- Plywood & fasteners to cover windows
- Tarpaulin, canvas for temporary roof repair
- Handsaw and/or chain-saw & fuel
- Assorted nails
- Wood screws
- Hatchet
- Crowbar

**Week 8: Smart Supplies**
- Battery powered camping lantern
- Batteries for camping lantern
- Portable stove or grill
- Video or disposable camera

**Week 9: Special Items**
- Foods for special diets
- Extra hearing aid batteries
- Items for denture care
- Spare eyeglasses or contact lens supplies
- Leash and pet carrier
- Pet food
- Baby food
- Diapers
- Feminine products

**Week 10: Helpful Supplies**
- Games/activities for kids
- Local and state road maps
- Gas cans
- Duct tape