

Be Red Cross Ready in 21 Weeks

Preparing for the Unexpected



American Red Cross
of South Central Kentucky

430 Center Street
Bowling Green, KY 42101
270-781-7377
www.sckycrc.org

Weekly shopping list based on a family of 4

Week 1				
Take an opportunity this week to go through your home and gather items you may already have and start your kit. Remember to check off each item as they are placed in your kit.				
<input type="checkbox"/> find a sturdy but easy to carry container - an overnight backpack, duffle bag or a large covered trash container <input type="checkbox"/> put a set of clothes and sturdy shoes for each person in the kit in a waterproof bag <input type="checkbox"/> copy important papers such as birth certificates, ID cards, insurance policies, passports, etc., and place in a waterproof container or plastic bag <input type="checkbox"/> put a 3-day supply of your medications in a child proof container for your kit <input type="checkbox"/> gather contact information (current list of family phone numbers and email addresses, including someone out of the area who may be easier to reach if local lines are out of service or overloaded; place in waterproof container or plastic bag) <input type="checkbox"/> map (consider marking an evacuation route on it from your local area) <input type="checkbox"/> cash - small bills (Atm's and credit cards won't work with power out) <input type="checkbox"/> spare set of keys <input type="checkbox"/> comfort items (spare glasses or contacts and solution, books or toys)				
Week 2	Week 3	Week 4	Week 5	Week 6
<input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 1 box crackers <input type="checkbox"/> 1 can tuna or chicken, etc. <input type="checkbox"/> 1 flashlight, batteries <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> 1 package hand sanitizer <input type="checkbox"/> 1 package of energy bars <input type="checkbox"/> can opener <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> first aid kit & reference guide <input type="checkbox"/> scissors <input type="checkbox"/> tweezers <input type="checkbox"/> thermometer <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> battery powered radio <input type="checkbox"/> batteries <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 can meat <input type="checkbox"/> 1 can fruit <input type="checkbox"/> antibacterial soap <input type="checkbox"/> weather radio \$1.50
Week 7	Week 8	Week 9	Week 10	Week 11
<input type="checkbox"/> pot meat, Vienna sausage <input type="checkbox"/> juice <input type="checkbox"/> feminine supplies <input type="checkbox"/> latex gloves <input type="checkbox"/> sunscreen <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> graham crackers <input type="checkbox"/> 1 can fruit <input type="checkbox"/> disinfectant <input type="checkbox"/> sewing kit <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> comb, brush <input type="checkbox"/> towels & washcloths <input type="checkbox"/> toothbrushes and paste <input type="checkbox"/> shampoo, bar soap <input type="checkbox"/> deodorant <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> juice <input type="checkbox"/> liquid dish soap <input type="checkbox"/> household chlorine bleach <input type="checkbox"/> garbage bags and ties <input type="checkbox"/> paper or notepad <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> pet supplies food dishes <input type="checkbox"/> food, leash, extra water <input type="checkbox"/> ID tags, vet records <input type="checkbox"/> litter pan/litter <input type="checkbox"/> weather radio \$1.50
Week 12	Week 13	Week 14	Week 15	Week 16
<input type="checkbox"/> 1 gallon water <input type="checkbox"/> large plastic food bags <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> paper towels <input type="checkbox"/> black marker <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> hammer <input type="checkbox"/> juice <input type="checkbox"/> cotton rope <input type="checkbox"/> wrench <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> whistle <input type="checkbox"/> pliers <input type="checkbox"/> dry cereal <input type="checkbox"/> screwdriver <input type="checkbox"/> utility knife <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 can meat <input type="checkbox"/> 1 can of fruit <input type="checkbox"/> 1 package eating utensils <input type="checkbox"/> 1 package plastic cups <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> extra flashlight batteries <input type="checkbox"/> extra batteries for radio <input type="checkbox"/> weather radio \$1.50
Week 17	Week 18 **	Week 19	Week 20	Week 21
<input type="checkbox"/> 1 can meat <input type="checkbox"/> juice <input type="checkbox"/> 1 box facial tissues <input type="checkbox"/> 1 box energy snacks <input type="checkbox"/> dried fruits and nuts <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> allergy medication <input type="checkbox"/> diarrhea med etc. ** store in childproof container <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> plastic sheeting <input type="checkbox"/> plastic bucket with tight lid <input type="checkbox"/> dry cereal <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> comfort foods <input type="checkbox"/> quick energy snacks <input type="checkbox"/> weather radio \$1.50	<input type="checkbox"/> 1 gallon water <input type="checkbox"/> work gloves <input type="checkbox"/> disposable dust masks <input type="checkbox"/> weather radio \$1.50

*Save \$1.50 a week and purchase your weather radio at the end of the 21 weeks

CUSTOMIZE YOUR KIT FOR YOUR FAMILY: For baby: baby food, baby formula, baby bottles, diapers, extra water to mix formula and wash bottles

For Seniors: oxygen, walker, adult diapers and extra medications

For pets: pet supplies, medicines, inoculation and health records, food, extra water, leash and dishes

For children: toys, small games, extra batteries, stuffed animal, cards, crayons, paper, books

Convenience items: small sterno camp stove, mess kit to cook and eat out of, extra blankets, small pillow, comfort foods (candy, etc), rain gear, collapsible water container, 6-8 hour light sticks, small tent and sleeping bags or survival blankets, extra flashlights and batteries

REMEMBER: In the Spring and Fall when you change your clocks, change smoke and carbon monoxide detector batteries, CHECK YOUR KIT!

Check food and medicine for expiration dates and rotate new items in. Check clothing (especially children's) for fit and seasons. Check your Batteries. Always Be RED CROSS Ready!