TWO-WEEK SUPPLY LIST



Use a pencil. Tick the box when you have it, and write the date you bought it or last replaced it. The blank rows are for your own items. Take this sheet to the store with you.

This is our best advice, not a rulebook. *You know your house, your family and your needs best. Buy what fits, a little at a time.*

FOOD, WATER AND FUEL

FOOD

	DATE
☐ Canned meat, fish, beans, vegetables and soup *2 to 5 years*	
☐ Canned fruit and tomatoes *12 to 18 months*	
☐ Pasta and white rice *about 2 years*	
☐ Dried beans, oatmeal, cereal *about 1 year*	
☐ Peanut butter, nuts, crackers *6 to 12 months*	
☐ Energy bars, dried fruit, jerky *date on the pack*	
☐ Shelf-stable or powdered milk *date on the pack*	
☐ Home-canned food *1 year*	
☐ Freeze-dried emergency meals, if rotating food is a chore *sold with a 25-year shelf life; they need water*	
☐ Baby food and formula, special diets *use-by date*	
☐ Pet food *date on the bag*	
☐ Coffee, tea, salt, sugar, oil, spices, treats	
☐ Manual can opener, paper plates and cups	
☐	
☐	

WATER

	DATE
☐ Drinking water: 1 to 2 gallons a person a day, for two weeks *store-bought: date on the bottle; home-filled: 6 months*	
☐ Food-grade jugs or containers to fill	
☐ Plain unscented bleach, a filter or tablets to treat water *bleach: 1 year*	
☐ Buckets for hauling and flushing	
☐ A thermos, to fill with hot water before a storm	
☐	
☐	

FUEL AND GENERATOR

	DATE
☐ Gasoline in approved cans, kept outside the house *3 to 6 months; about a year with stabilizer*	
☐ Fuel stabilizer	
☐ Propane cylinders, full, stored outdoors and away from the house *does not go stale*	
☐ Generator oil, air filter, spark plug	
☐ Camp stove or grill and its fuel, for outdoors only	
☐	
☐	



EMERGENCY PREPAREDNESS WORKBOOK

TWO-WEEK SUPPLY LIST

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MEDICAL LIST

MEDICINE AND FIRST AID

	DATE
☐ Prescription medicines: an extra supply *date on the label; use the oldest first*	
☐ A written list of medicines, doses and doctors, and copies of prescriptions	
☐ Pain and fever reducer, allergy medicine, antacid, anti-diarrheal *date on the label*	
☐ Stop the Bleed kit *check dates each fall*	
☐ Nitrile gloves, gauze pads and rolls, bandages, tape *sterile gauze: 3 to 5 years*	
☐ Elastic wraps, a moldable splint, a blister kit	
☐ Instant cold packs, reusable heat packs *date on the pack*	
☐ Tweezers, shears, thermometer, emergency blankets	
☐ Spare glasses, hearing-aid batteries	
☐	
☐	
☐	

KIDS AND COMFORT

	DATE
☐ Games, books, puzzles, comfort items	
☐	
☐	

HOUSEHOLD LIST

HYGIENE

	DATE
☐ Toilet paper, moist wipes, hand sanitizer *check the sanitizer's date*	
☐ Personal and feminine hygiene supplies	
☐ Diapers and wipes, if you need them	
☐ Heavy trash bags, and cat litter or sawdust for a bucket toilet	
☐	
☐	

DOCUMENTS AND CASH

	DATE
☐ Cash in small bills, $200 or more	
☐ IDs, Social Security cards, birth certificates, passports, insurance and bank papers and family photos, in a waterproof container you can carry	
☐	

PETS AND ANIMALS

	DATE
☐ Water and bowls	
☐ Leash, crate and a photo of each	
☐ Waste bags or litter, and something familiar	
☐ Extra feed for livestock	
☐	

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HARDWARE LIST

LIGHT AND POWER

		DATE
☐	Flashlights, headlamps, solar lights: one for each person	
☐	Extra AA, AAA, D and 9-volt batteries *up to 10 years; go by the date on the pack*	
☐	Battery or hand-crank radio	
☐	Power bank and phone cords *top up every few months*	
☐	Candles in safe holders, lighters, matches in a waterproof box	
☐	Heavy outdoor extension cords, where everyone can find them	
☐		
☐		

WARMTH AND WINTER

		DATE
☐	A wool blanket or sleeping bag for each person	
☐	Long layers, hats, sturdy boots	
☐	Chemical handwarmers *date on the pack*	
☐	Plastic sheeting, bubble wrap, duct tape and zip ties to seal off rooms	
☐	Snow shovel, roof rake, snowshoes, sand and salt	
☐		

TOOLS AND SAFETY

		DATE
☐	A 5-gallon bucket with a screw-on lid, for the outage kit	
☐	Fire extinguisher *check the gauge; date on the label*	
☐	Smoke alarms *10 years from the date on the back*	
☐	CO alarms *5 to 7 years*	
☐	Refrigerator and freezer thermometers	
☐	Wrench or pliers to shut off utilities	
☐	Work gloves, dust masks, tarp, rope	
☐	Whistle, paper, pencils, a marker for dating supplies	
☐		
☐		
☐		

VEHICLE

		DATE
☐	Emergency kit in the car: jump pack, small shovel, cat litter, gloves	
☐		
☐		



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THE OUTAGE BUCKET

A 5-gallon bucket with a screw-on lid keeps the first things you reach for dry and in one place: the workbook, these two sheets, headlamps, batteries, the radio, a lighter, the first aid kit. Everyone should know where it lives.

Our outage bucket is kept _____

DON'T MAKE AN EMERGENCY DURING AN EMERGENCY

- **Roof rakes:** work from the ground, never from a ladder, and not alone. Find the power line to the house first and stay far from it; a metal rake carries current. Stand clear of the snow as it comes down.
- **Ladders:** ice on the rungs, ice on your boots. Stay off them if you can. If you must climb, have someone hold it.
- **Chainsaws:** a storm is no time to learn. Never cut a tree that is touching a wire.
- **Flame:** never leave a candle alone. Camp stoves and grills stay outdoors.

FOR TWO WEEKS

Three days of supplies fits in a backpack. Two weeks is a pantry shelf and a corner of the shed. Give it a place, write the date on everything that goes there, and use the oldest first.

ANYTHING ELSE

		DATE			DATE
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☐			☐		
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