TWO-WEEK SUPPLY LIST



Use a wet-erase marker. 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. A damp cloth wipes it clean. 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

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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
☐			☐		
☐			☐		
☐			☐		
☐			☐		
☐			☐		
☐			☐		