



**American
Red Cross**

PrepareSoCal



Weeks to prepare

Week 1				
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.				
☐ A sturdy, easy-to carry container to hold items (backpack, duffle bag or large tote) ☐ A set of clothes and sturdy shoes for each family member ☐ Copies of important papers (birth certificates, ID, insurance policies, passports, home lease/deed, etc.)				
☐ A 3 day supply of your medications ☐ A current list of family phone numbers and e-mails including someone who can be reached if local lines are down. ☐ A map (mark an evacuation route from your local area) ☐ Extra cash in small bills ☐ Spare keys for house and car ☐ Spare glasses or contacts and solution ☐ Books or toys				
Week 2	Week 3	Week 4	Week 5	Week 6
☐ 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 7	Week 8	Week 9	Week 10	Week 11
☐ 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 ☐ Deodorant ☐ Weather radio \$1.75*	☐ Umbrella/slicker ☐ Scarf ☐ Winter gloves ☐ 1 bottle juice ☐ Weather radio \$1.75*	☐ 1 gallon of water ☐ 1 pkg energy snacks ☐ Emergency blanket ☐ Matches ☐ Weather radio \$1.75*
Week 12	Week 13	Week 14	Week 15	Week 16
☐ Flashlight ☐ Batteries ☐ Cotton rope ☐ 1 bottle juice ☐ 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*	☐ 1 gallon of water ☐ 2 cans meat/fish ☐ Cell phone & charger ☐ Dried fruits & nuts ☐ Weather radio \$1.75*
Week 17	Week 18	Week 19	Week 20	Week 21
☐ 1 gallon of water ☐ Extra flashlight ☐ Extra batteries for radio & flashlight ☐ 1 bottle juice ☐ Weather radio \$1.75*	☐ 1 gallon of water ☐ Work gloves ☐ Dust mask ☐ Chlorine bleach ☐ Garbage bags & ties ☐ 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*	☐ Comfort foods ☐ Scissors ☐ Extra blankets ☐ Small pillows ☐ Water container ☐ 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