



Disaster Supplies and Shopping List

If you plan to stay at home during a hurricane, you should have the following items on hand. It is a good idea to get these items at the beginning of hurricane season because as a storm approaches, stores become very busy and stock is depleted quickly. Use the 11-week shopping list to help you gather your supplies.

WEEK 1 - FOOD (per person)

- 3 gallons water
- Sandwich bread
- 3 boxes quick energy snacks
- 2 cans ready-to-eat soup
- 1 box each crackers
- 1 box cereal
- 3 cans fruit
- 3 cans vegetables
- 3 cans tuna/meat
- Manual can opener
- 1 jar each jelly
- 1 jar peanut butter
- Six-pack juice or sport drink
- Six-pack sport drink
- Instant coffee/tea/powered drinks
- Charcoal or propane gas for grill
- Matches
- 1 box granola bar

WEEK 4 - CLEANING & SUPPLIES

- 2 packages eating utensils, paper cups, paper plates, napkins
- box counter wipes with bleach
- 2 rolls paper towels
- 4 rolls bathroom tissue
- liquid antibacterial dish soap
- 2 pairs rubber gloves
- broom, mop and bucket
- unscented liquid bleach
- old towels and rags
- household liquid cleaner
- spray disinfectant cleaner
- bug spray
- fly swatter

WEEK 8 - SPECIAL ITEMS

- foods for special diets
- extra hearing aid batteries
- items for denture care
- spare eyeglasses or contact lens supplies
- gallon of water per pet
- leash and pet carrier
- pet food and pet medications
- baby food and formula
- diapers and wipes

WEEK 9 - SMART SUPPLIES

- Battery powered camping lantern and extra batteries
- glow sticks for night lights
- portable camp stove or grill
- video or camera

WEEK 5 - MEDICAL NEEDS

- anti-diarrhea medicine
- pain relievers
- extra prescription medications
- thermometer

WEEK 10 - HELPFUL SUPPLIES

- board games and puzzles
- books
- corded telephone (not cordless)
- extra batteries for everything
- local and state road maps
- approved gas containers

WEEK 2 - PROTECTING PROPERTY

- 2 boxes large plastic zip bags
- Plastic wrap
- 2 rolls aluminum foil
- Plastic containers with lids
- Heavy-duty garbage bags
- Waterproof portable plastic container with lid
- Plastic sheeting (drop cloths)

WEEK 6 - COMMON TOOLS

- battery operated radio
- flashlights and batteries
- assorted safety pins
- scissors
- screwdriver (Flat and Phillip's)
- pliers and vise grips
- hammer
- heavy work gloves
- camping or utility knife
- box disposable dust masks
- plastic safety goggles

WEEK 11 - EVERYDAY SAFETY

- ABC certified fire extinguisher
- smoke detector with battery
- carbon monoxide detector
- heavy duty extension cords for generator use

WEEK 3 - HEALTH & HYGIENE

- bottle of shampoo
- box baby wipes/hand gel
- tube of toothpaste
- antiseptic
- deodorant/antiperspirant
- tweezers
- assorted adhesive bandages
- gauze and tape
- first aid book
- antibiotic cream
- insect bite cream
- aloe/sunburn relief cream
- ace bandages
- mosquito repellent
- sunscreen

WEEK 7 - HEAVY TOOLS

- plywood and fasteners to cover windows or some other suitable window protection
- tarps or canvas for temporary roof repair
- hand saw and/or chain saw
- extra fuel
- assorted nails
- wood screws
- hatchet
- crowbar

