

Basic 'Week 1' Preparedness in 25 steps



Start the year off right. Get your family prepared for anything with Meal Kit Supply's 'Week 1' Preparedness Checklist.

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BASIC 'WEEK 1' PREPAREDNESS IN 25 STEPS

✓	ITEM	QUANTITY
	MEALS, READY TO EAT	# family members x 2 meals a day x 7 / 12 = # cases
	WATER	# family members x 7 gallons of water = # gallons
	FIRST AID KIT	1 basic, fully stocked
	EMERGENCY SPACE BLANKET	1 per family member
	PORTABLE RADIO	1
	DUCT TAPE	> 1 roll
	TARPS	1-2 tarps measuring 12 ft x 16 ft
	FLASHLIGHT & EXTRA BATTERIES	2 flashlights
	MULTI-PURPOSE TOOL	> 1
	50' PARACHUTE CORD	1
	CHANGE OF CLOTHES	1 per family member
	RAIN PONCHOS	1 per family member
	HOUSEHOLD CHLORINE BLEACH & MEDICINE DROPPER	1 Gallon
	WATERPROOF CONTAINER	1 (large enough for matches, candles, map)
	MATCHES	Pack of 100 matches
	CANDLES	> 4
	LOCAL MAP	1
	DUST MASK	1 per family member
	TOILETRIES (SOAP & SANITIZER)	Personally determined
	MOIST TOWELLETES	2-3 packages
	NOTEBOOK & PEN	1
	HEAVY DUTY GARBAGE BAGS	2-3
	EXTRA CASH	> \$100
	PRESCRIPTION MEDICATION	Personally determined
	PET SUPPLIES	Personally determined