

Your Disaster Supply Kit: Baby Steps to Preparedness from The Practical Homestead

Week One Shopping List

- 1 gallon of water per person (and pet)
- 1 jar of peanut butter per person
- 1 can of juice per person
- Hand-operated can opener
- Drink power, tea, and/or instant coffee
- Sharpies or other permanent markers

Week One Action List

- Determine an out-of-state contact
- Create a list of important phone numbers: OOS contacts, doctors, family members, bank and insurance companies, etc.
- Begin creating your Family Disaster Plan