

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Preparing for Hurricanes and Disasters -- Shopping Lists

Preparedness is the key to survival in any disaster, including hurricanes and terrorism, and having a family disaster supply kit handy can aid in recovery. The following shopping list should help residents to assemble the basic items for a family disaster supply kit over a four-week period without causing a significant financial burden.

Week One

Hardware store:

- containers to hold disaster supply kit (large plastic tub with lid, backpack, etc.)
- flashlights
- portable tool kit
- roll of duct tape
- utility knife
- tarp (to cover a leaky roof if necessary)
- battery-operated radio
- batteries for flashlights and radio

Purchase or gather from existing household supply:

- blanket or sleeping bag for each member of the household
- small pillow for each member of the household
- towels
- books or games for entertainment
- local road map
- set of extra clothing and shoes for each member of the household

Week Two

Grocery store:

- cans of meat for each member of the household (i.e., tuna, chicken, chili, beef stew, corned beef)
- cans of ready-to-eat soup for each member of the household
- cans of vegetables for each member of the household
- cans of fruit for each member of the household
- box of heavy-duty garbage bags with ties
- box of zip-lock food storage bags for storing important papers and small items
- hand-operated can opener

Week Three**Drug store:**

- toothbrush for each member of the household
- large tube toothpaste
- bottles of necessary over-the-counter and prescription medications
- box of sanitary wipes or liquid hand sanitizer
- feminine hygiene supplies
- bottle of shampoo
- family-size first aid kit

Week Four**Grocery store:**

- gallons of water for each member of the household, including pets (at least one gallon per person per day)
- containers/boxes quick energy snacks (granola bars, nuts, raisins, trail mix)
- jar of peanut butter
- large cans of juice (not concentrate)
- rolls of paper towels
- 6-roll pack of toilet paper

If needed, purchase extra items for:

- pets (food, leashes, toys, etc.)
- children (baby food, formula, diapers, coloring books, etc.)

- elderly or special needs family members (hearing aid batteries, medications, special food, etc.)

As you can see, it doesn't take much to ensure that you and your family are prepared in case of a hurricane or other disaster. Don't delay. Print out these shopping lists and start stocking your residence -- just in case.

Article Source

Virginia Department of Emergency Management

Source URL

<https://www.vaemergency.gov>

Last Reviewed

Wednesday, September 2, 2020