



Preparing for Disasters on a Budget

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:

- Containers to hold disaster supply kit (Large Plastic Tub with lid, Backpack, etc.) This could be an old book bag
- Flashlights - \$1.00 at Family Dollar
- Portable Tool Kit – (39 Pieces) \$12.00 at Dollar General
- Roll of Duct Tape - \$1.00 at Dollar Tree
- Utility Knife - \$2.00 at Family Dollar
- Tarp - \$7.44 (8 x 10 Reversible Tarp) at Lowes
- Battery-Operated Radio - \$5.00 at Family Dollar
- Batteries for Flashlights and Radio's - \$1.00 to \$3.19 at Family Dollar.

Purchase or Gather from existing household supply:

- Blanket or Sleeping bag for each member of the household - (Blanket \$5.99 at Family Dollar)
- Small Pillow for each member of the household - \$6.00 at Family Dollar
- Towels - \$4.00 at Family Dollar
- Books or Games for Entertainment – (Some items at a thrift Store)
- Local Road Map – \$12.95 at Wal-mart
- Set of extra clothing and shoes for each member of the household

Week Two:

Grocery Store Items

- Cans of meat for each member of the household (examples are Tuna, Chicken, Chili, Beef Stew) Tuna \$1.00 at Dollar General, Chicken in a can \$1.50 at Dollar General, Beef Stew \$2.00 at Dollar General.

- Cans of ready-to-eat soup for each member of the household - \$1.50 Dollar General
- Cans of vegetables for each member of the household - .44 Cents at Dollar General.
- Cans of fruit for each member of the household - \$1.25 Dollar General
- Box of heavy-duty garbage bags with ties - \$2.50 Dollar General
- Box of zip-lock food storage bags with ties - \$2.50 Dollar General
- Hand-operated can opener - \$1.50 at Dollar General

Week Three:

Drug Store Items

- Toothbrush for each member of the household – 2 pack \$2.00 at Family Dollar
- Large Tube Toothpaste - \$2.00 at Family Dollar
- Bottles of necessary over-the-counter and prescription medications
- Box of sanitary wipes or liquid hand sanitizer - \$1.00 Dollar Tree
- Feminine Hygiene Supplies - \$2.50 Family Dollar
- Bottle of Shampoo - \$1.50 Family Dollar
- Family-size first aid kit - \$15.88 Wal-mart

Week Four:

Grocery Store Items

- Gallons of water for each member of the household, including pets (at least one gallon per person per day) \$1.00 each at Family Dollar
- Containers/boxes quick energy snacks (Granola Bars, Nuts, Raisins, Trail Mix) - Granola Bars \$1.50 at Dollar General, Nuts \$1.00 at Family Dollar, Raisins \$1.00 at Family Dollar, Trail Mix \$1.00 at Family Dollar
- Jar of Peanut Butter - \$1.50 at Dollar General
- Large cans of Juice (Not Concentrate) - \$1.00 at Family Dollar
- Rolls of Paper Towels - \$1.00 each at Dollar Tree
- 6-Roll pack of Toilet Paper - \$1.00 for the whole 6 pack at Family Dollar

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.)

Prices and availability are subject to change over time.