



**SEVEN-DAY KIT, POWER,
FOOD, MEDICAL
SUPPLIES & SHOPPING**

CHAPTER 5

SEVEN-DAY KIT

POWER, FOOD, MEDICAL, SHOPPING

Preparation is key.

This section helps families build supplies over time without panic-buying or feeling like everything has to be finished in one day. The goal is simple: start with what you have, add what you can, and make sure every person in the family has what they need to feel safe, supported, and ready.

In this section:

-  Build from a 3-day starter kit toward 7 days
-  Plan water, food, power, medicine, and medical devices
-  Create student comfort bags, pet kits, and car evacuation kits
-  Prepare for shopping shortages and power outages
-  Use the shopping hub as a helpful shortcut, not a requirement



KIDS4KIDS REMINDER:

A kit is not just water and batteries. For kids and teens, comfort items, familiar activities, and trusted information can also make a stressful situation feel more manageable.

Build supplies gradually. Follow official alerts and local emergency instructions during a storm.

Start With 3 Days, Build Toward 7

Preparedness can be built one grocery trip at a time.

A seven-day kit is the goal, especially in hurricane-prone areas, but many families cannot buy everything at once. That is okay. Start with a 3-day starter kit, then add one or two items each week until your family has enough supplies to be more self-sufficient after a storm.

Step	What to do	Done
1	Gather what you already have: flashlights, batteries, basic food, water bottles, chargers.	☐
2	Create a 3-day starter kit for each family member.	☐
3	Add one item each grocery trip or online order.	☐
4	Build toward 7 days of water, food, medicine, power, and pet supplies.	☐
5	Review expiration dates and family needs once a month during hurricane season.	☐



SMALL WIN:

If you add one item today, that counts. Preparedness is built one step at a time.

Keep supplies in a place your family can find quickly.

Seven-Day Kit Master Checklist

Use this as the big-picture list. The next pages break it down.

CORE SUPPLIES:

- ☐ Water
- ☐ Nonperishable food
- ☐ Manual Can Opener
- ☐ Flashlights
- ☐ Extra batteries
- ☐ Battery or hand-crank radio
- ☐ First aid kit
- ☐ Medications
- ☐ Phone chargers & power banks
- ☐ Cash in small bills

FAMILY-SPECIFIC SUPPLIES

- ☐ Baby supplies
- ☐ Senior care supplies
- ☐ Accessibility needs
- ☐ Medical device power plan
- ☐ Pet supplies
- ☐ Allergy-safe foods
- ☐ Copies of important documents
- ☐ Student comfort items
- ☐ Games/books/activities
- ☐ Masks, wipes, sanitizer



PRO TIP:

Put a sticky note on your kit with the last date it was checked. Old batteries, expired food, and missing chargers are easier to fix before a storm is on the way.

Start with what you have and build toward seven days when possible.

Water Checklist

Plan for drinking, pets, hygiene, and basic cleanup.

Water planning is one of the easiest things to start early. Store drinking water safely and remember that pets, babies, medical needs, and cleanup may require more.

DRINKING & FOOD PREP

- ☐ Water for each person
- ☐ Water for baby formula if needed
- ☐ Water for pets/service animals
- ☐ Water for brushing teeth
- ☐ Safe water for medications
- ☐ Reusable water bottles

WASHING & HOUSEHOLD USE

- ☐ Water for handwashing
- ☐ Water for basic cleanup
- ☐ Water for toilet flushing
- ☐ Pre-sanitized tubs/containers if advised
- ☐ Water purification tablets/filter if appropriate
- ☐ Boil-water notice plan



PRO TIP:

Before a storm, some families fill clean tubs or containers with water for washing or flushing. Do not use that water for drinking unless it is stored safely in food-grade containers and local guidance says it is safe.

Follow local boil-water notices and water safety instructions.

Food Checklist

Choose foods your family will actually eat.

A kit is more useful when it includes foods that fit your family's diet, allergies, culture, and comfort needs. Try to choose foods that do not require refrigeration or complicated cooking.

SHELF-STABLE BASICS

- ☐ Canned vegetables/fruit
- ☐ Canned beans or soups
- ☐ Tuna/chicken packets
- ☐ Peanut butter or nut-free spread
- ☐ Crackers, rice cakes, tortillas
- ☐ Granola/protein bars
- ☐ Cereal or oatmeal
- ☐ Shelf-stable milk or alternatives

HELPFUL EXTRAS

- ☐ Manual can opener
- ☐ Disposable plates/cups
- ☐ Utensils
- ☐ Napkins/paper towels
- ☐ Allergy-safe snacks
- ☐ Comfort snacks
- ☐ Electrolyte drinks if appropriate
- ☐ Pet food nearby, not mixed with family food



SMALL WIN:

Let kids choose one familiar snack for the kit. A small comfort food can help a stressful situation feel more normal.

Check expiration dates and replace food before hurricane season.

Special Diets & Allergies

A plan matters most when normal options are hard to find.

Storm shopping can be rushed and shelves may be limited. Families with allergies, diabetes, sensory food needs, feeding needs, or special diets should plan early.

Food allergies in our family	
Foods that are safe for us	
Foods we should avoid	
Emergency snacks that work	
Formula/feeding supplies if needed	
Diabetes or blood sugar supplies	
Food texture/sensory needs	
Who to call with diet/medical questions	



PARENT/GUARDIAN TIP:

Keep a printed allergy list with the emergency kit and go bag. If someone else helps care for your child during an evacuation, they should not have to guess.

Ask a doctor, dietitian, or pharmacist about specific medical nutrition needs.

Utensils, Hygiene & Sanitation

Small items can make long outages much easier.

EATING + CLEANUP

- ☐ Manual can opener
- ☐ Disposable plates/bowls
- ☐ Cups
- ☐ Forks/spoons
- ☐ Paper towels
- ☐ Trash bags
- ☐ Resealable bags
- ☐ Dish soap

HYGIENE + SANITATION

- ☐ Soap
- ☐ Hand sanitizer
- ☐ Wipes
- ☐ Toilet paper
- ☐ Feminine hygiene products
- ☐ Toothbrush/toothpaste
- ☐ Towels/washcloths
- ☐ Gloves for cleanup



PRO TIP:

Pack sanitation supplies in a clear bin or labeled bag so they do not get buried under food or tools.

Wash hands whenever possible and follow local water safety guidance.

Light, Radio & Alerts

Have ways to see, listen, and receive updates without Wi-Fi.

LIGHT SOURCES

- ☐ Flashlights
- ☐ Headlamps
- ☐ Lanterns
- ☐ Extra batteries
- ☐ Glow sticks for kids if appropriate
- ☐ Battery-powered night light

ALERT SOURCES

- ☐ Battery or hand-crank radio
- ☐ NOAA Weather Radio if available
- ☐ FEMA app before the storm
- ☐ County/city alerts
- ☐ Local radio stations written down
- ☐ Printed contact list



WHAT NOT TO DO:

Do not rely only on social media. During storms, rumors can spread faster than official updates.

Use multiple trusted alert sources and keep written backups.

Batteries, Power Banks & Chargers

Charge early. Label cords. Keep backups together.

CHARGE THESE BEFORE THE STORM

- ☐ Phones
- ☐ Tablets
- ☐ Laptops if needed
- ☐ Power banks
- ☐ Battery fans
- ☐ Rechargeable flashlights
- ☐ Medical-device batteries
- ☐ Portable radio

PACK THESE TOGETHER

- ☐ Phone cords
- ☐ Wall plugs
- ☐ Car chargers
- ☐ USB battery packs
- ☐ Extension cord if safe/needed
- ☐ Battery organizer
- ☐ Extra AA/AAA/D batteries
- ☐ Device list with priorities



SMALL WIN:

Make one “charging bag” with cords and power banks. It is easier than searching the house when everyone is stressed.

Keep medical-device charging plans separate and review them with a provider or supplier.

Family Charging Schedule

Decide what gets charged first if power is limited.

Device / Item	Owner	Priority	Charger location	Backup power?
Phone		High		☐
Power bank		High		☐
Medical device		High		☐
Radio / flashlight		High		☐
Tablet / laptop		Medium		☐
Battery fan		Medium		☐
Other				☐



PRO TIP:

Turn on low-power mode, dim screens, and use text messages when cell service is weak. Save battery for official updates and family communication.

Print important numbers in case a phone battery dies.

First Aid Supplies

Keep basic supplies together and easy to find.

BASIC FIRST AID

- ☐ Bandages in different sizes
- ☐ Gauze pads
- ☐ Medical tape
- ☐ Antiseptic wipes
- ☐ Antibiotic ointment if appropriate
- ☐ Tweezers
- ☐ Thermometer
- ☐ Disposable gloves

FAMILY-SPECIFIC ADDITIONS

- ☐ Pain/fever medicine
- ☐ Allergy medicine
- ☐ Inhaler/spacer if prescribed
- ☐ EpiPen if prescribed
- ☐ Motion sickness items
- ☐ Copies of prescriptions
- ☐ Emergency medical contacts
- ☐ First aid instructions



PARENT/GUARDIAN TIP:

Check medicine labels, expiration dates, and dosing tools before hurricane season. Ask a pharmacist if you are unsure what is safe for your family.

This workbook does not replace medical advice. Ask a medical professional about family-specific needs.

Medication List

Write it down before you need it.

Medication	Dose	Time	Prescriber / Pharmacy	Refill needed?
				☐
				☐
				☐
				☐
				☐
				☐
Item			Information	
Pharmacy name/phone				
Backup pharmacy				
Medication list location				
Insurance card location				
Allergies				
Who manages medication during evacuation				



SMALL WIN:

Take a photo of medication bottles and keep a printed list in the waterproof document bag.

Ask your doctor or pharmacist how to prepare prescription refills before a storm.

Chilled Medication Cooler Plan

Some medicine needs a temperature plan before the power goes out.

If anyone in your family uses refrigerated medication, talk to a doctor, pharmacist, or equipment supplier before hurricane season. Do not guess about whether a medicine is safe after it gets warm or frozen.

Need	Our Plan
Medication requiring refrigeration	
Safe temperature instructions	
Cooler location	
Cold packs location	
Backup power option	
Evacuation location with refrigeration	
Pharmacy/doctor to call	
What to do if medicine gets too warm	



SAFETY FIRST!

Do not freeze medications unless a doctor or pharmacist tells you to. When in doubt, ask a medical professional before using medication affected by heat.

Talk to a medical provider about refrigerated medicines and power outage plans.

Babies, Seniors, Disabilities & Accessibility Supplies

Plan for the people who may need extra support.

BABY / CHILD NEEDS

- ☐ Formula or safe feeding supplies
- ☐ Diapers and wipes
- ☐ Baby food/snacks
- ☐ Comfort item
- ☐ Extra clothes
- ☐ Medication list
- ☐ Safe sleep items
- ☐ School/ID info

SENIOR / ACCESSIBILITY NEEDS

- ☐ Mobility aids
- ☐ Hearing aid batteries
- ☐ Glasses/contacts
- ☐ Medical device supplies
- ☐ Backup batteries
- ☐ Sensory supports
- ☐ Communication cards
- ☐ Caregiver contact list



LOCALIZE IT:

If your county has a special needs registry or evacuation assistance program, write the link and phone number on your Medical & Power page.

Register early for special-needs assistance where available. Do not wait until a storm is close.

Pet Kit

Pets and service animals need their own plan.

PET SUPPLIES

- ☐ Food
- ☐ Water
- ☐ Treats
- ☐ Bowls
- ☐ Leash/collar/ID tag
- ☐ Crate or carrier
- ☐ Waste bags/litter
- ☐ Comfort toy

PET DOCUMENTS & CARE

- ☐ Vaccination records
- ☐ Medication
- ☐ Veterinarian contact
- ☐ Microchip number
- ☐ Recent pet photo
- ☐ Pet-friendly shelter/kennel
- ☐ Backup pet-safe location
- ☐ Service animal needs



SAFETY FIRST!

Not all shelters accept pets. Choose a pet-safe option before a storm is coming.

Include pets and service animals in evacuation and shelter plans.

Student Comfort Bag

Comfort items are not extra. They can help kids feel grounded.

COMFORT & CALM

- ☐ Favorite hoodie or blanket
- ☐ Small stuffed animal or item from home
- ☐ Journal and pen
- ☐ Book
- ☐ Headphones
- ☐ Downloaded playlist
- ☐ Photos or notes
- ☐ Breathing/calming card

USEFUL & AGE-APPROPRIATE

- ☐ Deck of cards
- ☐ Small game
- ☐ Coloring/art supplies
- ☐ School charger
- ☐ Snack
- ☐ Water bottle
- ☐ Glasses/contacts if needed
- ☐ One thing that feels normal



CALM CHECK:

Ask kids and teens: "What would help you feel calmer if we had to leave home or sit without power?"

Kids should feel included, not responsible. Comfort items can support emotional safety.

Car Evacuation Kit

Pack for delays, pets, kids, and low cell service.

CAR BASICS

- ☐ Water
- ☐ Snacks
- ☐ Phone charger/car charger
- ☐ Printed route
- ☐ Flashlight
- ☐ Small first aid kit
- ☐ Trash bags
- ☐ Paper towels/wipes

FAMILY ADD-ONS

- ☐ Pet supplies
- ☐ Comfort items for kids
- ☐ Medication cooler if needed
- ☐ Spare glasses/contacts
- ☐ Cash for tolls or gas
- ☐ Blanket/towel
- ☐ Motion sickness supplies
- ☐ Emergency contact card



PRO TIP:

Keep the gas tank at least halfway full during hurricane season if you can. Evacuation traffic can make normal errands take much longer.

Follow evacuation orders and do not drive through flooded roads.

Shopping Shortages Plan

Prepare early so your family is not rushing with everyone else.

Before a storm, stores can run low on water, batteries, flashlights, canned food, gas, propane, and pet supplies. The goal is not to buy everything at once. The goal is to avoid waiting until the last minute.

Item	Buy early?	Where we usually find it	Backup option
Water	☐		
Batteries	☐		
Flashlights	☐		
Canned food	☐		
Pet food	☐		
Medication/refills	☐		
Power banks	☐		
Paper goods	☐		



SMALL WIN:

Add one storm item to your normal grocery trip. It is less stressful and often less expensive than panic shopping.

Build gradually and leave supplies for other families too.

Weekly Build-Over-Time Tracker

A simple way to build your kit without getting overwhelmed.

Week / Trip	Add this	Where stored	Done
Week 1	Water or refillable containers		☐
Week 2	Flashlight & batteries		☐
Week 3	Shelf-stable meals/snacks		☐
Week 4	First aid & medication list		☐
Week 5	Power bank & cords		☐
Week 6	Pet or family-specific supplies		☐
Week 7	Comfort items & activities		☐
Week 8	Document bag & printed route		☐



SMALL WIN:

If your family can only do one thing this week, choose the item that would be hardest to find during a storm rush.

Preparedness is a process, not a one-day project.

Ready Together Shopping Hub

Use this as a shortcut, not a requirement.



PRO TIP:

Write down the website too. QR codes are helpful, but phones, power, and data may not work when you need them.

A shopping hub can make it easier for families to see examples of supplies. Buy where it is most affordable and accessible for your family. The goal is preparation, not buying a specific brand.

Resource	QR	Website	Print?
Starter Kit List		ready.gov/kit	☐
Seven-Day Family Kit		floridadisaster.org/globalassets/plan--prepare/disaster-supply-checklist.pdf	☐
Student Comfort Bag		cdc.gov/children-and-school-preparedness/before-during-after/index.html	☐
Pet Kit		redcross.org/get-help/how-to-prepare-for-emergencies/pet-disaster-preparedness.html	☐
Car Evacuation Kit		ready.gov/car	☐
Medical & Power Needs List		cdc.gov/natural-disasters/response/what-to-do-protect-yourself-during-a-power-outage.html	☐



Ready Together Resource Hub

Scan for printable tools, supply lists, wallet cards, state links, and Kids4Kids Relief resources.

Website: kids4kidsrelief.org/ready

Print key pages before hurricane season

Use shopping lists as examples. Buy where it is affordable and accessible for your family.

Local Stores & Community Resources

Write down where your family can get supplies or help.

Resource	Name / phone / website
Grocery store	
Pharmacy	
Hardware store	
Gas station	
Pet supply store	
Medical supply company	
Community supply drive location	
Local assistance organization	
Friend/family who may share supplies	
Notes about transportation or hours	



LOCALIZE IT:

Some communities open sandbag sites, cooling centers, charging stations, or supply distributions. Write down official sources before a storm.

Check local official sources for supply sites and emergency assistance.

Power Outage Plan

Think through light, food, medicine, devices, and heat before the lights go out.

Need	Our Plan
Flashlights/lanterns location	
Battery/radio location	
Power banks location	
Medical device backup power	
Refrigerated medication plan	
Food safety plan	
Cooling plan if the house gets hot	
Charging location outside home if needed	



PRO TIP:

Keep shoes, a flashlight, and a phone near your bed during a storm. If the power goes out at night, you do not want to walk through the house barefoot in the dark.

Stay away from downed power lines and report outages through official utility channels.

Fridge & Freezer Safety

Keep doors closed and know when food may be unsafe.

During a power outage, cold air escapes every time a refrigerator or freezer door opens. Use this page to plan what to eat first and when to throw food out.

If power is out...	What to remember
Refrigerator	Keeps food cold for about 4 hours if unopened.
Full freezer	Can hold safe temperature for about 48 hours if unopened.
Half-full freezer	Can hold safe temperature for about 24 hours if unopened.
When unsure	When in doubt, throw it out.
Before the Storm	During/After Outage
☐ Freeze water bottles	☐ Keep doors closed
☐ Group freezer items together	☐ Use fridge food first
☐ Set fridge/freezer colder if safe	☐ Check temperatures if possible
☐ Have cooler and ice plan	☐ Discard unsafe perishables



SAFETY FIRST!

Do not taste food to see if it is safe. If you are not sure, throw it out.

Follow official food safety guidance after power outages and flooding.

Cooler & Ice Plan

Use coolers for food and chilled medication planning.

During a power outage, cold air escapes every time a refrigerator or freezer door opens. A cooler can help protect selected food or medication for a limited time when power is out. Decide what must stay cold, where ice or cold packs will come from, and how food and medicine will remain separated and labeled. Use this page to plan what to eat first and when to throw food out.

Item	Our Plan
Cooler location	
Ice/cold pack location	
Who fills cooler	
Food to move first	
Medication needing cooling	
Where to buy ice if available	
Backup place with refrigeration	
Thermometer location	



PRO TIP:

Frozen water bottles can help keep a freezer or cooler cold and later become drinking water when they melt, if the water was stored safely.

Keep food, medicine, and pet items separated and labeled when possible.

Generator Safety

Carbon monoxide can be deadly and invisible.

Generators can help during an outage, but they can also be extremely dangerous if used incorrectly. This is an adult-only safety page. Kids should stay away from generators, cords, fuel, and setup decisions.

DO	DO NOT
Use generators outside only.	Do not use inside a home, garage, porch, shed, or carport.
Keep generators at least 20 feet from homes/buildings.	Do not place near windows, doors, or vents.
Point exhaust away from people and openings.	Do not run in wet conditions unless protected as instructed.
Use carbon monoxide alarms.	Do not let children handle the generator or fuel.
Follow manufacturer instructions.	Do not plug into wall outlets unless professionally installed for that purpose.



SAFETY FIRST!

If anyone feels dizzy, weak, sick, confused, or unusually sleepy near a generator, get outside immediately and call for help.

Follow product instructions and official generator safety guidance.

Propane, Grill & Gas Safety

Outdoor cooking tools should stay outdoors.

DO	DO NOT
Use grills outside in open air.	Do not use propane or charcoal grills indoors.
Keep grills away from doors, windows, and vents.	Do not cook in a garage, porch, or enclosed space.
Store propane safely and upright.	Do not store propane near heat or flames.
Leave immediately if you smell gas.	Do not flip switches or use electronics if a gas leak is suspected.
Call professionals for gas concerns.	Do not let kids handle propane, fuel, or grills.



WHAT NOT TO DO:

Do not use a gas stove, oven, charcoal grill, or propane grill to heat your home.

If you smell gas or suspect a leak, leave the area and contact emergency or utility professionals.

Candle & Fire Safety

Flashlights are usually safer than open flames.

BETTER CHOICES

- ☐ Flashlights
- ☐ Battery lanterns
- ☐ Headlamps
- ☐ Glow sticks if appropriate
- ☐ Battery-powered night lights
- ☐ Extra batteries

IF CANDLES ARE USED BY ADULTS

- ☐ Keep away from curtains/paper
- ☐ Use stable holders
- ☐ Keep away from kids and pets
- ☐ Never leave unattended
- ☐ Keep matches/lighters secured
- ☐ Extinguish before sleeping



SAFETY FIRST!

After a storm, families may be tired and distracted. Open flames can become dangerous quickly. Use battery lighting whenever possible.

Keep children away from flames, lighters, matches, and damaged electrical equipment

Kit Inventory & Review Calendar

A kit only helps if it is updated.

Item	Location	Expires / Replace by	Checked
Water			☐
Food			☐
Batteries			☐
Flashlights			☐
Power banks			☐
First aid			☐
Medications			☐
Pet supplies			☐
Comfort items			☐
Documents/route			☐

Next kit review date: _____

One thing we still need to add: _____



SMALL WIN:

Pick one day each month during hurricane season to check the kit. Put it on the family calendar.

Preparedness is built and updated over time.