

This is "WEEK #35 of the first 35 weeks" Emergency Prep List – Fruits, Vegetables, Shelter & Bedding

| WEEK #32 | | WEEK #33 | | WEEK #34 | | WEEK #35 | | | |
|--|--|------------------------------------|--|---------------------------------|--|---|--|---|--|
| ↓ | | ↓ | | ↓ | | ↓ | | ↓ | |
| STEP #1>>> PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM | | | | | | | | | |
| Fruit 12 x 15 oz cans/jars | | Vegetables 12 x 15 oz cans/jars | | Dried Fruit or Raisins 16 oz | | Green Chilies/ Mushrooms 2 x 3 oz ea. | | | |
| //////////////////////////////////// | | | | | | | | | |
| STEP #2 >>>> Your EMERGENCY DRINKING WATER | | | | | | | | | |
| Maintain 14 gallons per person/ 2 week supply | | | | | | | | | |
| //////////////////////////////////// | | | | | | | | | |
| STEP #3 > Your FINANCIAL RESERVE/EMERGENCY FUND | | | | | | | | | |
| \$2.00 +/- per person | | \$2.00 +/- per person | | \$2.00 +/- per person | | \$2.00 +/- per person | | | |
| //////////////////////////////////// | | | | | | | | | |
| STEP #4 >Your LONG TERM FOOD STORAGE PROGRAM (20-30 YR. Shelf Life, 12 month supply) | | | | | | | | | |
| n/a | | n/a | | n/a | | n/a | | | |
| //////////////////////////////////// | | | | | | | | | |
| >>>HOME STORAGE : Toiletries | | | | | | | | | |
| Lip Balm | | Eye Solution | | Razors | | Hand Sanitizer | | | |
| //////////////////////////////////// | | | | | | | | | |
| >>PREPAREDNESS GOALS | | | | | | | | | |
| Tent Research | | Go camping | | | | Write Your Will | | | |
| //////////////////////////////////// | | | | | | | | | |
| >>EQUIPMENT GOALS | | | | | | | | | |
| Tent | | Sleeping Bag | | Blanket | | Rope/Large Tarp | | | |
| //////////////////////////////////// | | | | | | | | | |
| >>WEEKLY INVENTORY | | | | | | | | | |
| Fruits & Vegetables | | Emergency Equipment | | Beans, Meat & Soups | | Baking Basics | | | |

- This list is for 1 adult. Choose things that you can afford to do or have time to do each week.
- Multiply amounts by the number of family members, and adjust for children, medical needs and allergies.
- Watch for sales and gather supplies and equipment a week at a time to gradually build up your supplies.
- Do step 4 after you complete Steps 1, 2 and 3.
- Choose what works best for your circumstances.

Every step forward is a step forward.
YOU CAN DO IT

Adapted from the
LDSFamily.blogs
pot.com

