

# This is "WEEK #7 of the first 9 weeks" Emergency Prep List – Breakfast, Communications

WEEK #6		WEEK #7		WEEK #8		WEEK #9			
↓		↓		↓		↓		↓	
<b>STEP #1&gt;&gt;&gt; PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM</b>									
Breakfast Cereal 3 boxes		Oats (Quick or Reg.) 5 lbs							
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<b>STEP #2 &gt;&gt;&gt;&gt; Your EMERGENCY DRINKING WATER</b>									
Maintain 14 gallons per person/ 2 week supply									
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<b>STEP #3 &gt; Your FINANCIAL RESERVE/EMERGENCY FUND</b>									
\$2.00 +/- per person		\$2.00 +/- per person							
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<b>STEP #4 &gt;Your LONG TERM FOOD STORAGE PROGRAM (20-30 YR. Shelf Life, 12 month supply)</b>									
n/a		Oats (Quick or Reg.) 20 lbs							
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<b>&gt;&gt;&gt;HOME STORAGE (1-month supply)</b>									
Toothbrush = 1 ea.		Toothpaste – 1 ea.							
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<b>&gt;&gt;PROPADNESS GOALS</b>									
Create Emergency Contact List		Copy Important documents							
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<b>&gt;&gt;EQUIPMENT GOALS</b>									
Cell Phone with text		Crank/Solar cell phone charger							
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<b>&gt;&gt;WEEKLY INVENTORY</b>									
Fruit and Vegetables		Snacks							

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

Adapted from the  
[LDSFamily.blogspot.com](http://LDSFamily.blogspot.com)

