



20 Weeks to Preparedness



Week 15

Items to Purchase:

- Antacids
- Aspirin, acetaminophen and/or ibuprofen
- Anti-diarrhea medicine
- Antiseptic
- Gauze and bandages
- First aid tape
- Items for denture care (if needed)

Note: Always check expiration dates. Make the item last as long as possible (at least through November 30).

Shopping lists are just a guide. Please adjust to your family's needs.