



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.