



Week 7 To Do List

Sanitation

1. **How long will your current toilet paper supply last?** Make this the week that you stock more. A storage-area tip: check out [space saver bags](#) and vacuum-squish your TP supply.
2. **Stock up on baby wipes**, even if you don't have any babies. Wipes can be used in place of toilet paper and are especially handy if someone has diarrhea. They can also be used to wash hands and faces, or to take a quick sponge bath.
3. **Consider how you will get rid of trash.** Practice re-using items as often as possible. If possible, set up a place to burn garbage that might draw flies or rodents.

Sustenance

1. **Switch to water as your beverage of choice.** Even if you purchase it in \$5 gallon jugs, it's still the best deal around, with the added bonus of being good for your health. Skip the soda pop, juices and sports drinks. Also, skip the individual bottles of water because those can be just as pricey as buying a soda. Coffee and tea that you make at home are also very inexpensive.
2. **Stock up on some things for celebrations.** Even if you're in the middle of a crisis, birthdays and special occasions should still be celebrated. Put back some supplies like cake mixes, frosting, birthday candles, party hats, and multi-purpose decorations.
3. **Buy some extra can openers** – two is one, one is none. 😊

Survival

1. **Choose a home filtration device.** Look for a gravity fed device that doesn't require power to operate. (Note from Daisy: I used to use a [Berkey](#), but now, I have switched to [ProPur](#) and [AquaPail](#). In the water emergency in West Virginia and the current emergency in Alabama, these devices were powerful enough to make the water safe to drink, while Berkey devices were not.)
2. **Look for some old wind-up clocks and/or watches** that are in working order. You can often find these at yard sales or thrift stores. They won't require valuable batteries, which could be important during a long-term disaster.



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3. **Are you still walking daily?** Commit to spending 20 minutes per day (at the minimum) moving your body or lifting heavy things.

Shelter

1. **Organize your supplies in kits** to make things easier when seconds count. Some ideas for kits are Pandemic Response Kits, First Aid Kits, Power Outage Kits, Water Kits, and Irreplaceable Items Kits.
2. **Do you know how to build a shelter with found items in the forest?** [This article has 15 different designs.](#) Pick one and head out with the family to practice.
3. **Get a wheelbarrow or a wagon.** In a long-term situation, you may need to bring water or other supplies home on foot, and they'll be difficult to carry. Some type of cart will help immensely. This is particularly important if you aren't as spry as you used to be.

Security

1. **Buy some red paper.** Look up official quarantine signs and print some off to store in your emergency kit. In a dire emergency, you can post these on the outside of your home to serve as a deterrent in a civil unrest scenario. You can also stash away [quarantine tape](#).
2. **Take a trip to the range and do some shooting.** If you have children, discuss gun safety with them to insure against accidents.
3. **Read the book, [The Gift of Fear](#).** This book discusses how learning to tap into your instincts and paying attention to survival signals can help keep you safe from violence.

Sanity

1. **Go on the internet and print off the lyrics to some favorite songs.** Then, using a 3 ring binder, make a songbook of family favorites.
2. **Hit the back-to-school sales** and stock up on craft supplies for the kids. Get construction paper, markers, glue, etc.
3. **Stash away some cosmetics.** If you normally wear make-up, purchase duplicates of the most essential items.