Calm First Shopping Trip: 3 Days of Food & Water

Small steps. Practical preparation. Keep this page where you can find it.

BEFORE YOU LEAVE HOME

- ☐ Count everyone in your household, including pets, and write the number down.
- ☐ Check your pantry and list shelf-stable food you already own.
- ☐ Do the water math: 1 gallon per person per day times your days.
- ☐ Copy your food and water totals onto your shopping list.

AT THE STORE & BACK HOME

- ☐ Buy familiar shelf-stable foods needing little or no cooking.
- ☐ Grab a manual can opener in case the power is out.
- ☐ Buy sealed bottled water or fill clean, food-grade containers.
- ☐ Store items in a cool, dark spot and label each with its date.

SAFETY NOTE Keep food and water off the floor in a cool, dark place, and note the earliest expiration on your calendar so you can rotate stock before it expires.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/preparedness/emergency-food-water-checklist/

Safety reference: https://www.ready.gov/sites/default/files/2022-04/ready_checklist.pdf