



12 MONTHLY
EMERGENCY PREP
LISTS



Be Organized:

The January Emergency Prep List - Water, Beverages & Water Storage

Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God
D&C 88:119

	Week 1	Week 2	Week 3	Week 4	Week 5
	Step 1: 3-Month Food Storage				
	✓ Evaporated Milk 1 x 12 oz.	✓ Cocoa Drink Mix 24 oz. or .25 LDS #10 can	✓ Fortified Fruit Drink Mix 1.52 lbs or .25 LDS #10 can	✓ Dry Milk 4 lbs or 1 LDS #10 can	✓ Bottled juice 3 x 64 oz.
	Step 2: Emergency Drinking Water 2-week supply				
	14 gallons total per person				
	Step 3: Financial Reserve/Emergency Fund				
	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply				
	✓ n/a	✓ n/a	✓ n/a	✓ Dry Milk 16 lbs. or 4 LDS #10 can	✓ n/a
	Home Storage 1-month supply				
	✓ Toilet paper - 4 ea.	✓ Soap/Body Wash - 1 ea.	✓ Shamp./Cond. - 1 ea.	✓ Feminine Items	✓ Deodorant - 1 ea.
	Preparedness Goals				
	✓ Location to store water	✓ Decide water containers	✓ Find water sources	✓ How to purify water	✓ Dry milk recipes
	Equipment Goals				
	✓ Emergency prep book	✓ Buy water containers	✓ Shelf to store water	✓ Bleach to purify	✓ Manual can opener
	Weekly Inventory				
	✓ Freezer	✓ Beverages	✓ Water	✓ Toiletries	✓ Breakfast Foods









1. This list is for 1 adult. Choose things you can afford to do or have time to do each week.
 2. Multiply amounts by # in family, and adjust for kids, medical needs and allergies.
 3. Watch for sales and gather a week at a time to gradually build up your supplies.
 4. Do Step 4 after you complete Steps 1, 2 and 3.
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Be Doers:

The February Emergency Prep List: Breakfast/Communications

*"I will go and do the things which the Lord hath commanded,
for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way
for them that they may accomplish the thing which he commandeth them." 1 Nephi 3:7*

	Week 1	Week 2	Week 3	Week 4
	Step 1: 3-Month Food Storage			
	✓ Breakfast cereal 3 boxes	✓ Oats (quick or regular) 5 lbs or 2 LDS #10 cans	✓ Pancake Mix & Syrup 2 lbs & 32 oz.	✓ Powdered eggs (opt.) 8 oz. or .25 #10 can
	Step 2: Emergency Drinking Water			
	✓ 14 gallons total per person			
	Step 3: Financial Reserve/Emergency Fund			
	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply			
	✓ n/a	✓ Oats (quick or regular) 20 lbs/8 LDS #10 cans	✓ n/a	✓ n/a
	Home Storage 1-month supply			
	✓ Toothbrush - 1 ea.	✓ Toothpaste - 1 ea.	✓ Floss - 1 ea.	✓ Mouthwash - 1 ea.
	Preparedness Goals			
	✓ Create emergency contact list	✓ Copy important docs	✓ Collect breakfast recipes	✓ CERT Training
	Equipment Goals			
	✓ Cell phone with text	✓ Crank/solar cell phone charger	✓ Battery/solar AM/FM radio	✓ CB radio or walkie talkies
	Weekly Inventory			
	✓ Fruits & Vegetables	✓ Snacks	✓ Beans, Meat & Soup	✓ Baking Basics









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Be Charitable:

The March Emergency Prep List - Tomatoes & Pasta/First Aid

*"when ye are in the service of your fellow beings
ye are only in the service of your God." Mosiah 2:17*

	Week 1	Week 2	Week 3	Week 4
	Step 1: 3-Month Food Storage			
	✓ Tomato sauce 12 x 8 oz. cans	✓ Tomatoes various 6 x 15 oz. cans	✓ Pasta, dry 4 lbs. or 1 LDS #10	✓ Raviolis/Spaghetios 8 cans
	✓ Tomato paste 6 x 6 oz. cans	✓ Salsa 1 jar	✓ Macaroni & cheese 2 boxes	✓ Ramen noodles 12 pkgs.
	Step 2: Emergency Drinking Water 2-week supply			
✓	14 gallons total per person			
	Step 3: Financial Reserve/Emergency Fund			
✓	\$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply			
✓		✓	Pasta, dry 16 lbs. or 4 LDS #10 cans	✓
	Home Storage: First Aid			
✓	Cold medicines	✓ Pain medicines	✓ Ice packs	✓ Thermometer
	Preparedness Goals			
✓	Clean out medicines	✓ Give blood	✓ CPR/First Aid Class	✓ Collect pasta recipes
	Equipment Goals			
✓	First aid manual	✓ First aid kit	✓ Splints	✓ Ace bandages
	Weekly Inventory			
✓	First Aid & Medicine	✓ Grains/Pasta/Potatoes	✓ Oils & Fats	✓ Emergency Kits









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Be Clean:

The April Emergency Prep List - Soup/Fish/Beans & Sanitation

*I say unto you, can you look up to God at that day with a pure heart and clean hands?
I say unto you, can you look up, having the image of God engraven upon your countenances?
Alma 5:19*

	Week 1	Week 2	Week 3	Week 4	Week 5
	Step 1: 3-Month Food Storage				
	✓ Canned Beans & Chili 14 x 15 oz.	✓ Tuna or Salmon 12 x 5 oz.	✓ Soups, condensed 10 x 10 oz.	✓ Soups, prepared 3 cans	✓ Dry beans or 1 LDS #10 can 5 lbs.
	Step 2: Emergency Drinking Water				
	✓ 14 gallons total per person				
	Step 3: Financial Reserve/Emergency Fund				
	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply				
	✓ n/a	✓ n/a	✓ n/a	✓ n/a	✓ Dry beans 20 lbs. or 4 LDS #10 cans
	Home Storage: Sanitation				
	✓ Disinfectant cleaner	✓ Disinfectant wipes	✓ Baby wipes	✓ Toilet bowl cleaner	✓ Liquid dish soap
	Preparedness Goals				
	✓ Plant vegetable garden	✓ Handwashing station	✓ Emergency hygiene	✓ Update 72-Hour kit food	✓ Collect bean recipes
	Equipment Goals				
	✓ Rubber gloves	✓ 5-gallon water cooler	✓ Portable toilet & tablets	✓ Solar shower	✓ Shovel
	Weekly Inventory				
	✓ Fuel & Light	✓ Beverages	✓ Cleaning Supplies	✓ Freezer	✓ Toiletries

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Be Prayerful:

The May Emergency Prep List - Condiments, Spices & Emergency Cooking

"But behold, I say unto you that ye must pray always, and not faint"

2 Nephi 32:9

	Week 1	Week 2	Week 3	Week 4
	Step 1: 3-Month Food Storage			
	✓ Spices & Dry Onions 5 oz.	✓ Teriyaki/Soy/Worc. Sauces 12 oz. total	✓ Mayo/Parmesan cheese 20 oz. total	✓ Ketchup/Must/BBQ/Steak 10 oz. total
	Step 2: Emergency Drinking Water			
	✓ 14 gallons total per person/2 week supply			
	Step 3: Financial Reserve/Emergency Fund			
	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply			
	✓ n/a	✓ n/a	✓ n/a	✓ n/a
	Home Storage 1-month supply			
	✓ Paper bowls	✓ Paper plates	✓ Plastic utensils	✓ Paper cups
	Preparedness Goals			
	✓ Photograph home contents	✓ Pet 72-Hour Kit	✓ Dutch oven recipes	✓ Practice dutch oven cooking
	Equipment Goals			
	✓ Wheat grinder	✓ Charcoal/lighter fluid	✓ Dutch oven supplies	✓ Duct tape
	Weekly Inventory			
	✓ Breakfast Items	✓ Paper & Plastics	✓ Beans, Meat & Soup	✓ Baking Basics

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Be Healthy:

The June Emergency Prep List - Grains, Vitamins & Bread Making

"All grain is good for the food of man; as also the fruit of the vine"

D&C 89:16 (read all of section 89)

	Week 1	Week 2	Week 3	Week 4
	Step 1: 3-Month Food Storage			
	✓ Wheat, hard red or white 25 lbs. or 4 #10	✓ Rice, white or brown or other 20 lbs.	✓ Yeast, instant 4 oz.	✓ Vitamins 3 mo. supply
	Step 2: Emergency Drinking Water			
	✓ 14 gallons total per person/2-week supply			
	Step 3: Financial Reserve/Emergency Fund			
	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply			
	✓ Wheat, hard red or white 100 lbs. or 16 LDS #10	✓ Rice, white or other grain 80 lbs. or 16 LDS #10	✓ n/a	✓ n/a
	Home Storage 1-month supply			
	✓ Paper towels/napkins	✓ Foil/Plastic Wrap	✓ Storage bags	✓ Trash bags large
	Preparedness Goals			
	✓ Learn to store grains	✓ Learn to sprout grains	✓ Practice bread making	✓ Collect bread recipes
	Equipment Goals			
	✓ Bread pans	✓ Bread knife or other item	✓ Buy food storage cookbook	✓ Seed sprouter
	Weekly Inventory			
	✓ Baking Basics	✓ Spices	✓ Fruits & Vegetables	✓ Water
	<ol style="list-style-type: none"> 1. This list is for 1 adult. Choose things you can afford to do or have time to do each week. 2. Multiply amounts by # in family, and adjust for kids, medical needs and allergies. 3. Watch for sales and gather a week at a time to gradually build up your supplies. 4. Do Step 4 after you complete Steps 1, 2 and 3. 5. Choose what works best for your circumstances. Every step forward is a step forward. You CAN do it! <p>LDS = items you may purchase at an LDS Home Storage Center.</p>			



Be Guardians:

The July Emergency Prep List - Summer Foods, Drills & Canning

*"And it came to pass that he rent his coat; and he took a piece thereof, and wrote upon it—
In memory of our God, our religion, and freedom, and our peace, our wives, and our children—
and he fastened it upon the end of a pole."*

Alma 46:12

	Week 1	Week 2	Week 3	Week 4	Week 5
	Step 1: 3-Month Food Storage				
	✓ Crackers and/or chips 4 boxes/bags	✓ Jello or pudding 2 boxes	✓ Food bars and/or popcorn 2 boxes	✓ Lemon juice, vinegar, olives 3 x 6 oz. ea.	✓ Jelly/jam & honey 2 x 32 oz. ea.
	Step 2: Emergency Drinking Water				
	14 gallons total per person/2-week supply				
	Step 3: Financial Reserve/Emergency Fund				
	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month				
	✓ n/a	✓ n/a	✓ n/a	✓ n/a	✓ Honey 8 lbs.
	Home Storage: Toiletries 1-month supply				
	✓ Sunscreen	✓ Lotion	✓ Cotton balls	✓ Cotton swabs	✓ Facial Tissue
	Preparedness Goals				
	✓ Evacuation plan	✓ Emergency drill	✓ Canning recipes	✓ Test smoke detectors	✓ Update Contact List
	Equipment Goals				
	✓ Camp stove & fuel	✓ Small folding shovel	✓ Canning jars/lids	✓ Canner	✓ Cooler/Igloo
	Weekly Inventory				
	✓ Snacks	✓ Beverages	✓ Freezer	✓ Toiletries	✓ Breakfast Items

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Be Nurturers:

The August Emergency Prep List - Fruits, Vegetables, Shelter & Bedding

"and he took their little children, one by one, and blessed them, and prayed unto the Father for them." 3 Nephi 17:21

	Week 1	Week 2	Week 3	Week 4
	Step 1: 3-Month Food Storage			
	✓ Fruit 12 x 15 oz. cans/jars	✓ Vegetables 12 x 15 oz. cans/jars	✓ Dried fruit or raisins 16 oz.	✓ Green chiles/mushrooms 2 x 3 oz. ea.
	Step 2: Emergency Drinking Water			
	✓ 14 gallons total per person/2-week supply			
	Step 3: Financial Reserve/Emergency Fund			
	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply			
	✓ n/a	✓ n/a	✓ n/a	✓ n/a
	Home Storage: Toiletries			
	✓ Lip balm	✓ Eye solution	✓ Razors	✓ Hand sanitizer
	Preparedness Goals			
	✓ Tent research	✓ Go Camping	✓ School/work emergency kit	✓ Write your will
	Equipment Goals			
	✓ Tent	✓ Sleeping bag	✓ Blanket	✓ Rope/Large tarp
	Weekly Inventory			
	✓ Fruits & Vegetables	✓ Emergency Equipment	✓ Beans, Meat & Soups	✓ Baking Basics








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Be Hopeful:

The September Emergency Prep List - Meat & Potatoes, Earthquake Prep.

*"Wherefore, if a man have faith he must needs have hope;
for without faith there cannot be any hope."
Moroni 7:42*









	Week 1	Week 2	Week 3	Week 4	Week 5
	Step 1: 3-Month Food Storage				
	✓ Chicken 6 x 12 oz. cans	✓ Ham, pork, Spam 6 cans	✓ Stew 2 cans	✓ Potato flakes 4 lbs. or 2 LDS #10 cans	✓ Spaghetti sauce 2 x 24 oz. jars/cans
	Step 2: Emergency Drinking Water				
	14 gallons total per person/ 2-week supply				
	Step 3: Financial Reserve/Emergency Fund				
	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply				
	✓ n/a	✓ n/a	✓ n/a	✓ Potato flakes/slices 16 lbs. or 8 LDS #10 cans	✓ n/a
	Home Storage: Laundry 1-month supply				
	✓ Liquid hand soap	✓ Laundry Detergent	✓ Fabric softener	✓ Stain remover	✓ Bleach
	Preparedness Goals				
	✓ How to shut off gas/water	✓ Strap water heater to wall	✓ Bolt furniture to wall	✓ Update immunizations	✓ Winterize car kits
	Equipment Goals				
	✓ Gas shut-off key	✓ Pry bar	✓ Rechargeable wall lights	✓ Hatchet & whetstone	✓ Firewood or Coal
	Weekly Inventory				
	✓ First Aid & Medicine	✓ Grains/Pasta/Potatoes	✓ Cleaning Supplies	✓ Fuel & Light	✓ Beverages

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Be Faithful: The October Emergency Prep List - Oils, Fats & Fire Safety

*"And inasmuch as they are faithful they shall be preserved,
and I, the Lord, will be with them." D&C 61:10*









	Week 1	Week 2	Week 3	Week 4
	Step 1: 3-Month Food Storage			
✓	6 lbs. Beef, canned 6 lbs. canned	✓ 24 oz. Veg, olive, or coc oil 1 lb. Shortening/lard	✓ 28 oz. Peanut/almond butter	✓ 12 oz. Chocolate chips 4 oz. Baking cocoa
	Step 2: Emergency Drinking Water			
✓	14 gallons total per person/2-week supply			
	Step 3: Financial Reserve/Emergency Fund			
✓	\$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply			
✓	n/a	✓ n/a	✓ n/a	✓ n/a
	Disaster Cleanup Kit (adapted from UMCOR)			
✓	5-gallon bucket w/lid	✓ 12 oz. Household cleaner	✓ 1 cleaning brush	✓ 5 scouring pads
✓	82 oz. Bleach	✓ 2 pair latex gloves	✓ 24 trash bags 30 - 45 gal	✓ 7 sponges
✓	16 oz. Disinfect. dish soap	✓ 1 pair Work gloves	✓ 50 clothes pins	✓ Air freshener can
✓	50 oz. liquid laundry det.	✓ 18 Reusable cleaning towels	✓ 100 ft. clothes line	✓ 5 Dust masks
	Preparedness Goals			
✓	Test smoke alarms	✓ Fire extinguisher tested	✓ Test carbon mono. alarm	✓ Have mock fire drill
	Equipment Goals			
✓	Smoke alarms	✓ Fire extinguisher	✓ Carbon monoxide alarm	✓ Home escape ladder
	Weekly Inventory			
✓	Oils & Fats	✓ Snacks	✓ Freezer	✓ Toiletries

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Be Grateful: The November Emergency Prep List - Holiday Baking, Heat, Clothing

*"When thou risest in the morning let thy heart be full of thanks unto God;
and if ye do these things, ye shall be lifted up at the last day."*
Alma 37:37

	Week 1	Week 2	Week 3	Week 4
	Step 1: 3-Month Food Storage			
	✓ Pumpkin 1 x 15 oz. can	✓ Brown sugar 2 lbs.	✓ Stuffing 1 box	✓ Flour 12 lbs./3 LDS #10 cans
	✓ Broth 2 x 14 oz. cans	✓ Powdered sugar 1 x lb.	✓ Yams 1 x 15 oz. can	✓ Sugar 9 lbs./1.5 LDS #10 cans
	Step 2: Emergency Drinking Water			
	14 gallons total per person/2-week supply			
	Step 3: Financial Reserve/Emergency Fund			
	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply			
	✓ n/a	✓ n/a	✓ n/a	✓ Sugar 36 lbs./6 LDS #10 cans
	Home Storage: Disaster Cleanup			
	✓ Snow shovel	✓ Mop & broom	✓ Safety goggles	✓ Cart dolly
	Preparedness Goals			
	✓ Winter coat	✓ Sturdy boots	✓ Winter gloves & hat	✓ Space heater
	Equipment Goals			
	✓ Winter coat near door	✓ Winter boots near door	✓ Winter gloves & hat near door	✓ Hand/foot warmers
	Weekly Inventory			
	✓ Breakfast Foods	✓ Baking Basics	✓ Beans, Meat & Soups	✓ Paper & Plastics








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Be Christlike

The December Emergency Prep List - Baking Basics, Power & Light

*"Thou shalt love thy neighbour as thyself."
Matthew 22:39*

	Week 1	Week 2	Week 3	Week 4
	Step 1: 3-Month Food Storage			
	✓ 4 oz. Vanilla	✓ 1 ea. Brownie or cake mix	✓ 4 oz. Cornstarch	✓ 5 oz. Baking powder
	✓ 4 oz. Cooking spray	✓ 1 ea. Frosting	✓ 6.5 oz. Salt	✓ 4 oz. Baking soda
	Step 2: Emergency Drinking Water			
	✓ 14 gallons total per person/2-week supply			
	Step 3: Financial Reserve/Emergency Fund			
	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person	✓ \$2.00 +/- per person
	Step 4: Long-Term Food Storage 20 - 30 yr. shelf life, 12 month supply			
	✓ n/a	✓ n/a	✓ n/a	✓ n/a
	Home Storage			
	✓ Batteries	✓ Matches/Lighters	✓ Flashlights	✓ Lanterns
	Preparedness Goals			
	✓ Emergency Prep book	✓ Free week	✓ Free week	✓ Review goals for new year
	Equipment Goals			
	✓ Chainsaw	✓ Electric Air Compressor	✓ Generator	✓ Wheat grinder/mill
	Weekly Inventory			
	✓ Condiments	✓ Spices	✓ Snacks	✓ Fruits & Vegetables
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