



# ***TOPS***

## **Prepare for the Storm** **3-Day Emergency Supply Checklist**

TOPS can help you gather the supplies you need. And save with the \$5 off coupon below. Start with an easy-to-carry, watertight container – a large, plastic trash can will do, or you can line a sturdy cardboard box with a couple of trash bags.

- ☐ Water: 1 gallon per person per day. Fill plastic containers, such as soft-drink bottles.
- ☐ Bleach for water purifying (use eight drops of regular bleach per gallon of water)
- ☐ Essential medications
- ☐ First-aid kit that includes:
  - 20 emergency bandages of various sizes
  - Waterless alcohol-based sanitizer and wipes
  - Medical grade non-latex gloves
  - Anti-bacterial ointment
  - Cold pack
  - Small scissors
  - Tweezers
  - Non-prescription drugs (e.g., aspirin or non-aspirin pain relievers)
- ☐ Ready-to-eat, non-perishable foods, such as canned meats, granola bars, instant soup and cereals, fruits and vegetables, canned or box juices, peanut butter, jelly, crackers, granola bars, trail mix, bread and any special dietary items you and your family need
- ☐ Manual can opener
- ☐ Baby supplies: formula, bottle, pacifier, soap, baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices
- ☐ Food, water, leash and carrier for pets (If you plan to go to a shelter, remember that most do not allow pets)
- ☐ Large, plastic trash bags for waste and to use as tarps and rain ponchos
- ☐ Large trash cans
- ☐ Towelettes
- ☐ Bar soap and liquid detergent
- ☐ Shampoo
- ☐ Toothpaste and toothbrushes
- ☐ Feminine hygiene supplies
- ☐ Toilet paper
- ☐ Rubber gloves
- ☐ Blanket or sleeping bag per person
- ☐ Battery-powered, portable radio or portable TV and plenty of extra batteries
- ☐ Flashlight and extra batteries
- ☐ Extra pair of eyeglasses
- ☐ Extra house and car keys
- ☐ Fire extinguisher (ABC-type)
- ☐ Cash and change
- ☐ Seasonal change of clothing, including sturdy shoes

**COUPON!**

Coupon valid 10/28/12 – 11/3/12

**Emergency Preparation Savings!**

**\$5.00** *off*

**YOUR TOTAL GROCERY PURCHASE OF \$50 OR MORE**

With this Super Coupon, your TOPS BonusPlus™ and a \$50 minimum grocery purchase. Minimum spend must be met after all discounts have been subtracted from order and before sales tax has been added to order. Minimum spend requirement excludes the following purchases: gasoline, pharmacy, office services, gift cards, alcohol, tobacco, and any items prohibited by law. Not to be doubled or tripled. Limit one coupon per customer. Valid at any TOPS Friendly Market. Coupon expires 11/3/12.

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