

Fall & Winter Supply Shopping Checklist

Inventory first. Buy only what is missing and useful for your household.

H = have it B = buy it • Leave both blank if not needed.

WARMTH & HOME SAFETY

H B

- ☐ ☐ Warm layers, socks, hat, gloves, blankets
- ☐ ☐ Readable room thermometer (TP55 option)
- ☐ ☐ Smoke/CO alarms, if replacement is due
- ☐ ☐ Alarm batteries, if replaceable
- ☐ ☐ Non-slip shoes; cane/walker replacement tips
- ☐ ☐ Flat absorbent entry mat, if needed
- ☐ ☐ Fire extinguisher; know when to evacuate

RAIN & OUTDOOR COMFORT

H B

- ☐ ☐ Easy-grip umbrella (Weatherman option)
- ☐ ☐ Hooded raincoat or safely fitted poncho
- ☐ ☐ Waterproof, supportive traction footwear
- ☐ ☐ Dry clothing, socks and small towel
- ☐ ☐ Reflective outerwear/accessory

LIGHT, PHONE & WEATHER

H B

- ☐ ☐ Easy-switch flashlight for bed and go-bag
- ☐ ☐ Battery lantern (Lighthouse 600 option)
- ☐ ☐ Correct spare batteries for each device
- ☐ ☐ Phone power bank (Anker or INIU option)
- ☐ ☐ Tested charging cables and wall adapter
- ☐ ☐ NOAA weather radio (ER310PRO option)

FOOD, WATER & COLD STORAGE

H B

- ☐ ☐ Water: 1+ gallon/person/day × 3+ days
- ☐ ☐ Easy-open, no-cook food: 3+ days
- ☐ ☐ Manual can opener (OXO option)
- ☐ ☐ Fridge and freezer thermometers
- ☐ ☐ Cooler and frozen gel packs
- ☐ ☐ Paper plates, cups, utensils and towels

HEALTH & PERSONAL CARE

H B

- ☐ ☐ Prescription refills per pharmacist plan
- ☐ ☐ First-aid kit and approved routine care items
- ☐ ☐ Soap, sanitizer, wipes and toilet paper
- ☐ ☐ Trash bags and disposable gloves
- ☐ ☐ Dental, denture and skin-care supplies
- ☐ ☐ Incontinence supplies, if used
- ☐ ☐ Hearing-aid batteries/charger, if used
- ☐ ☐ Spare glasses, if available
- ☐ ☐ Caregiver-managed locking pill dispenser

HOUSEHOLD-SPECIFIC SUPPLIES

H B

- ☐ ☐ Pet food, water, medication and waste bags
- ☐ ☐ Pet leash, carrier, bowl and blanket
- ☐ ☐ Surface-compatible ice melt; protect pets
- ☐ ☐ Ice-clearing tools for the designated helper
- ☐ ☐ Vehicle blanket, flashlight and scraper
- ☐ ☐ Vehicle water and shelf-stable snacks
- ☐ ☐ Go-bag and waterproof document pouch
- ☐ ☐ Whistle, local map, paper and pen
- ☐ ☐ Dust masks; sanitation bags and ties
- ☐ ☐ Tool kit, duct tape and work gloves

BUY ONLY AFTER A FIT / POWER CHECK

H B

- ☐ ☐ Ice traction (NANOspikes option)
- ☐ ☐ Specialty hearing-accessible alarm equipment
- ☐ ☐ Medical supplies and equipment accessories
- ☐ ☐ Supplier-approved medical backup power
- ☐ ☐ Portable power station sized to actual devices

Before you buy

Match alarms to required hardwired/interconnected systems. Test hand strength, controls and cables. Confirm refrigerated medication storage and medical power needs with the pharmacist or supplier. A power station is not a substitute for safe heat.

Also set aside: small bills, printed contacts and medication list, copies of important documents and the household backup plan. Build a longer home food/water reserve where feasible. Use the full guide for quantities and individual needs.