

## WEEK 13

### Hardware Store

- Whistle
- ABC fire extinguisher
- Pliers
- Vise grips

### To Do

- Take a first aid/CPR class



## WEEK 14

### Grocery Store

- 1 can meat\*
- 1 can fruit\*
- 1 can vegetables\*
- 1 package paper plates
- 1 package eating utensils
- 1 package paper cups
- Vitamins for adults and/or children

### To Do

- Make a plan to check on a neighbor who might need help in an emergency

## WEEK 15

### Hardware Store

- Extra flashlight batteries
- Masking tape
- Hammer
- Assorted nails
- "L" brackets to secure tall furniture to wall studs
- Wood screws

### To Do

- Brace shelves and cabinets

## WEEK 16

### Grocery Store

- 1 can meat\*
- 1 can vegetables\*
- 1 box large heavy-duty garbage bags
- Kleenex
- 1 box quick energy snacks

### To Do

- Find out if you have a neighborhood safety organization and join it!

## WEEK 17

### Grocery Store

- 1 box graham crackers
- Assorted plastic containers with lids
- Assorted safety pins
- Dry cereal

### To Do

- Arrange for a friend or neighbor to help your children if you are at work

## WEEK 18

### Hardware Store

- "Child proof" latches or other fasteners for your cupboards
- Double-sided tape or Velcro-type fasteners to secure moveable objects

### To Do

- Pack a "go-pack" in case you need to evacuate

## WEEK 19

### Grocery Store

- 1 box large heavy-duty garbage bags
- 1 box quick emergency snacks (such as granola bars or raisins)

### To Do

- Have a tornado drill at home

## WEEK 20

### Hardware Store

- Camping or utility knife
- Extra radio batteries

**Also:** Purchase an emergency escape ladder for second story bedrooms, if needed.

### To Do

- Find out about your workplace disaster plans

## WEEK 21

### Hardware Store

- Heavy work gloves
- 1 box disposable dust masks
- Screwdriver
- Plastic safety goggles

## WEEK 22

### Grocery Store

- Extra hand-operated can opener
- 3 rolls paper towels

## WEEK 23

### Hardware Store

- Battery powered camping lantern with extra battery or extra flashlights

## WEEK 24

### Grocery Store

- Large plastic food bags
- Plastic wrap
- Aluminum foil

# FAMILY DISASTER SUPPLIES CALENDAR

## A Checklist

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Your family can assemble an emergency kit in small steps over a six month period. Check off each week as you gather the items. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.



## WEEK 1

### Grocery Store

- 1 gallon of water\*
- 1 jar of peanut butter\*
- 1 large can juice\*
- 1 can meat\*
- Hand-operated can opener
- Instant coffee, tea, powdered drinks
- Permanent marking pen to mark date on cans (remember 1 gallon of water for each pet)

**Also:** Pet food, diapers, and/or baby food if needed.

### To Do

- Make a family plan
- Date each perishable food item using marking pen

## WEEK 2

### Hardware Store

- Crescent wrench
- Heavy rope
- Duct tape

**Also:** A leash or carrier for your pet, if needed.

### To Do

- Check your house for hazards
- Locate your gas meter and water shut/offs and attach a wrench near them

## WEEK 3

### Grocery Store

- 1 gallon of water\* (remember 1 gallon of water for each pet)
- 1 can meat\*
- 1 can fruit\*
- Feminine hygiene products
- Video tape (see below)

**Also:** Pet food, diapers, and/or baby food, if needed.

### To Do

- Use a video camera to tape the contents of your home for insurance purposes
- Store video tape with friend/family member who lives out of town

## WEEK 4

### Hardware Store

- Plumber's tape
- Crowbar
- Smoke detector with battery

**Also:** Extra medications or a prescription marked "emergency use," if needed.

### To Do

- Install or test your smoke detector
- Tie water heater to wall studs using plumber's tape

## WEEK 5

### Grocery Store

- 1 gallon of water\*
- 1 can meat\*
- 1 can fruit\*
- 1 can vegetables\*
- 2 rolls toilet paper\*
- Extra toothbrush\*
- Travel size toothpaste

**Also:** Special food for special diets, if needed.

### To Do

- Have a fire drill at home

## WEEK 6

### First Aid Supplies

- Aspirin and/or acetaminophen
- Compresses
- Rolls of gauze or bandages (in assorted sizes)

**Also:** Extra hearing aid batteries, if needed.

### To Do

- Check with your child's day care or school to find out about their disaster plans

## WEEK 7

### Grocery Store

- 1 gallon of water\*
- 1 can ready to eat soup (not concentrate)\*
- 1 can fruit\*
- 1 can vegetables\*

**Also:** Extra plastic baby bottles, formula and diapers, if needed.

### To Do

- Establish an out-of-state contact to call in case of emergency

## WEEK 8

### First Aid Supplies

- Scissors
- Tweezers
- Antiseptic
- Thermometer
- Liquid hand soap
- Disposable hand wipes
- Sewing kit

**Also:** Extra eyeglasses, if needed.

### To Do

- Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency

## WEEK 9

### Grocery Store

- 1 gallon of ready-to-eat soup\*
- Liquid dish soap
- Plain liquid bleach
- 1 box heavy-duty garbage bags

**Also:** Saline solution and a contact lens case, if needed.

### To Do

- Send some of your favorite family photos (or copies) to family members out-of-state.

## WEEK 10

### Hardware Store

- Waterproof portable plastic container (with lid) for important papers
- Portable AM/FM radio (with batteries)

**Also:** Blankets or sleeping bag for each family member.

### To Do

- Make photocopies of important papers and store safely

## WEEK 11

### Grocery Store

- 1 large can juice\*
- Large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels

**Also:** Sunscreen, if needed.

### To Do

- Store a roll of quarters for emergency phone calls
- Go on a hunt with your family to find a pay phone near home

## WEEK 12

### First Aid Supplies

- Anti-diarrhea medicine
- Rubbing alcohol
- 2 pairs latex gloves
- Ipecac syrup and activated charcoal (for accidental poisoning)

**Also:** Items for denture care, if needed.

### To Do

- Take a family trip to gas meter and water meter shut offs.

*Items marked with an asterisk "\*" should be purchased for each member of the household.*

