

## Your Disaster Supplies Calendar

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble an emergency kit in small steps over a six-month period. Check off each week as you gather the contents. 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.

<p><b>Week 1</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water</li> <li><input type="checkbox"/> 1 jar peanut butter</li> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> 1 can meat</li> <li><input type="checkbox"/> hand-operated can opener</li> <li><input type="checkbox"/> instant coffee, tea, powdered drinks</li> <li><input type="checkbox"/> permanent marking</li> <li><input type="checkbox"/> pen to mark date on cans (remember 1 gallon of water for each pet)</li> </ul> <p>Also: pet food, diapers, and/or baby food if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a family plan</li> <li><input type="checkbox"/> Date each perishable food item using marking pen</li> </ul>	<p><b>Week 2</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Crescent wrench</li> <li><input type="checkbox"/> Heavy rope</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> 2 flashlights with batteries</li> <li><input type="checkbox"/> "bungee" cords</li> </ul> <p>Also: a leash or carrier for your pet, if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check you house for hazards</li> <li><input type="checkbox"/> Locate your gas meter and water shutoffs and attach a wrench near them</li> </ul>	<p><b>Week 3</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> sanitary napkins</li> <li><input type="checkbox"/> video tape (remember 1 gallon of water for each pet)</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use a video camera to tape the contents of your home for insurance purposes.</li> <li><input type="checkbox"/> Store video tape with friend/family member that lives out of town.</li> </ul>	<p><b>Week 4</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plumber's tape</li> <li><input type="checkbox"/> Crowbar</li> <li><input type="checkbox"/> Smoke detector with battery</li> </ul> <p>Also: extra medications or a prescription marked "emergency use", if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Install or test your smoke detector</li> <li><input type="checkbox"/> Tie water heater to wall studs using plumbers tape.</li> </ul>
<p><b>Week 5</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water</li> <li><input type="checkbox"/> 1 can meat</li> <li><input type="checkbox"/> 1 can fruit</li> <li><input type="checkbox"/> 1 can vegetables</li> <li><input type="checkbox"/> 2 rolls toilet paper</li> <li><input type="checkbox"/> extra toothbrush</li> <li><input type="checkbox"/> travel-size toothpaste</li> </ul> <p>Also: special foods for special diets, if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have a fire drill at home</li> </ul>	<p><b>Week 6</b> <b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aspirin and/or acetaminophen</li> <li><input type="checkbox"/> Compresses</li> <li><input type="checkbox"/> Rolls of gauze or bandages</li> <li><input type="checkbox"/> First aid tape</li> <li><input type="checkbox"/> Adhesive bandages – assorted sizes</li> </ul> <p>Also: extra hearing aid batteries, if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans.</li> </ul>	<p><b>Week 7</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 ready-to-eat soup (not concentrate)</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables</li> </ul> <p>Also: extra plastic baby bottles, formula, and diapers, if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Establish an out-of-state contact to call in case of emergency</li> </ul>	<p><b>Week 8</b> <b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Antiseptic</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Liquid hand soap</li> <li><input type="checkbox"/> Disposable hand wipes</li> <li><input type="checkbox"/> Sewing kit</li> </ul> <p>Also: extra eyeglasses, if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency</li> </ul>
<p><b>Week 9</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready-to-eat soup</li> <li><input type="checkbox"/> liquid dish soap</li> <li><input type="checkbox"/> plain liquid bleach</li> <li><input type="checkbox"/> 1 box heavy-duty garbage bags</li> <li><input type="checkbox"/> Also: saline solution and a contact lens case, if needed</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Send some of your favorite family photos (or copies) to family members out-of-state for safekeeping.</li> </ul>	<p><b>Week 10</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof portable plastic container (with lid) for important papers</li> <li><input type="checkbox"/> Portable am/fm radio</li> </ul> <p>Also: blankets or sleeping bag for each family member</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make photocopies of important papers and store safely.</li> </ul>	<p><b>Week 11</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> 1 box large plastic food bags*</li> <li><input type="checkbox"/> 1 box quick energy snack*</li> <li><input type="checkbox"/> 3 rolls paper towels</li> </ul> <p>Also: sunscreen, if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Store a roll of quarters for emergency phone calls.</li> <li><input type="checkbox"/> Go on a hunt with your family to find a pay phone near home.</li> </ul>	<p><b>Week 12</b> <b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Anti-diarrhea medicine</li> <li><input type="checkbox"/> Rubbing alcohol</li> <li><input type="checkbox"/> 2 pr latex gloves</li> <li><input type="checkbox"/> Ipecac syrup and activated charcoal (for accidental poisoning)</li> <li><input type="checkbox"/> Children's vitamins</li> </ul> <p>Also: items for denture care, if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take your family on a field trip to gas meter and water meter shutoffs</li> </ul>

<p><b>Week 13</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> ABC fire extinguisher</li> <li><input type="checkbox"/> Pliers</li> <li><input type="checkbox"/> Vise grips</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a first aid/CPR class</li> </ul>	<p><b>Week 14</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 package paper plates</li> <li><input type="checkbox"/> 1 package eating utensils</li> <li><input type="checkbox"/> 1 package paper cups</li> <li><input type="checkbox"/> adult vitamins</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a plan to check on a neighbor who may need help in an emergency</li> </ul>	<p><b>Week 15</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra flashlight</li> <li><input type="checkbox"/> Batteries</li> <li><input type="checkbox"/> Masking tape</li> <li><input type="checkbox"/> Hammer</li> <li><input type="checkbox"/> Assorted nails</li> <li><input type="checkbox"/> “L” brackets to secure tall furniture to wall studs</li> <li><input type="checkbox"/> Wood screws</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Brace shelves and cabinets</li> </ul>	<p><b>Week 16</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 box large heavy-duty garbage bags</li> <li><input type="checkbox"/> Kleenex</li> <li><input type="checkbox"/> 1 box quick energy snacks (such as granola bars or raisins)</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out if you have a neighborhood safety organization and join it!</li> </ul>
<p><b>Week 17</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box of graham crackers</li> <li><input type="checkbox"/> assorted plastic containers with lids</li> <li><input type="checkbox"/> assorted safety pins</li> <li><input type="checkbox"/> dry cereal</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work.</li> </ul>	<p><b>Week 18</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> “child-proof” latches or other fasteners for your cupboards</li> <li><input type="checkbox"/> double-sided tape or Velcro-type fasteners to secure moveable objects</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pack a “go-pack” in case you need to evacuate</li> </ul>	<p><b>Week 19</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box large heavy-duty garbage bags</li> <li><input type="checkbox"/> 1 box quick energy snack (such as granola bars or raisins)</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have an earthquake drill at home</li> </ul>	<p><b>Week 20</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Camping or utility knife</li> <li><input type="checkbox"/> Extra radio batteries</li> </ul> <p>Also: purchase an emergency escape ladder for second-story bedrooms if needed.</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out about your workplace disaster plans.</li> </ul>
<p><b>Week 21</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy work gloves</li> <li><input type="checkbox"/> 1 box disposable dust masks</li> <li><input type="checkbox"/> Screwdriver</li> <li><input type="checkbox"/> Plastic safety goggles</li> </ul>	<p><b>Week 22</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra hand-operated can opener</li> <li><input type="checkbox"/> 3 rolls paper towels</li> </ul>	<p><b>Week 23</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> battery-powered camping lantern with extra battery or flashlights</li> </ul>	<p><b>Week 24</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Large plastic food bags</li> <li><input type="checkbox"/> Plastic wrap</li> </ul>

**Create a Family Disaster Supplies Kit**

**To Get Started**

- Check your house for supplies that you already have on hand.
- Decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation).

**Meet With Your Family to Plan**

- Discuss the types of disasters that could occur.
- Explain how to prepare; explain when and how to respond.
- Discuss what to do if you need to evacuate.
- Practice your plan.

**\*Suggested Foods**

Select based on your family’s needs and preferences. Pick low-salt, water-packed varieties when possible.

- Canned Meat**                   tuna, chicken, ravioli, chili, beef stew, Spam, corned beef, etc.
- Vegetables**                   green beans, kernel corn, peas, beets, kidney beans, carrots, etc.
- Fruit**                           pears, peaches, mandarin oranges, applesauce, etc.
- Cereal**                         Cheerios, Chex, Kix, Shredded Wheat, etc.
- Quick energy snacks**       granola bars, raisins