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| **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** |
| *Grocery Store* | *Hardware Store* | *Grocery Store* | *Hardware Store* | *Grocery Store* | *First Aid Supplies* |
| □ 1 gallon water\*  □ 1 jar peanut butter\*  □ 1 large can juice\*  □ 1 can meat\*  □ 1 hand operated can opener  □ Permanent marking pen to mark dates on cans  Also consider:  □ 1 gallon water for each pet, pet food, diapers, baby food | □ Crescent wrench  □ Heavy rope  □ Duct tape  □ 2 flashlights with batteries  □ Bungee cords  Also consider:  □ Leash or carrier for your pet, record of updated animal vaccinations | □ 1 gallon water\*  □ 1 can meat\*  □ 1 can fruit\*  □ Instant coffee, tea, powdered drinks  □ Sanitary napkins  □ Video Tape  □ Paper and pen  Also consider:  □ 1 gallon water for each pet, pet food, diapers, baby food | □ Plumber’s tape  □ Crowbar  □ Smoke detector with battery  Also consider:  □ Extra medications or a prescriptions marked “emergency use” if needed | □ 1 gallon water\*  □ 1 can meat\*  □ 1 can fruit\*  □ 1 can vegetables\*  □ 2 rolls toilet paper  □ Toothbrush\*  □ Toothpaste\*  Also consider:  □ Special foods for special diets | □ Aspirin and/or acetaminophen  □ Compresses  □ Rolls of gauze  □ First aid tape  □ Adhesive bandages  □ Sewing kit  □ Medicine dropper  Also consider:  □ Extra hearing aid batteries |
| *TO DO* | *TO DO* | *TO DO* | *TO DO* | *TO DO* | *TO DO* |
| □ Identify and discuss disasters most likely to occur and how they will affect family and property  □ Make a family plan (use pocket guides) | □ Check home for hazards  □ Secure loose objects that may fly away  □ Locate your gas meter and water shutoffs and attach a wrench near them | □ Use video camera to tape contents of home for insurance purposes  □ Store video tape with friend/family member living out of town | □ Install/test smoke detector  □ Tie water heater to wall studs using plumbers tape  □ Identify two locations to shelter-in-place | □ Create a list of important numbers (doctor, veterinarian, insurance company)  □ Have a fire drill at home | □ Determine two family meeting places  □ Identify multiple evacuation routes from your area and include maps |
| **Week 7** | **Week 8** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| *Grocery Store* | *First Aid Supplies* | *Grocery Store* | *Hardware Store* | *Grocery Store* | *First Aid Supplies* |
| □ 1 gallon water\*  □ 1 can ready to eat soup (not concentrate)\*  □ 1 can fruit\*  □ 1 can vegetables\*  Also consider:  □ Extra plastic baby bottles, formula, and diapers | □ Scissors  □ Tweezers  □ Antiseptic  □ Thermometer  □ Liquid hand soap  □ Hand sanitizer  □ Disposable hand wipes  Also consider:  □ Extra eyeglasses, cleaning supplies, contacts, saline | □ 1 can ready to eat soup\*  □ Liquid dish soap  □ Plain liquid bleach  □ 1 box heavy duty garbage bags  □ 2 rolls toilet paper  Also consider:  □ Games, cards, and child activities | □ Waterproof portable plastic container with lid for important papers  □ Portable am/fm radio with batteries  □ Waterproof matches  Also consider:  □ Blankets, sleeping bags, and pillows for each family member | □ 1 large can juice\*  □ 1 large plastic food storage bags  □ 1 box quick energy snacks  □ 3 rolls paper towels  □ Facial tissues  Also consider:  □ Sunscreen | □ Anti-diarrhea medicine  □ Rubbing alcohol  □ 2 pr rubber gloves  □ Ipecac syrup or activate charcoal (for accidental poising)  □ Children’s vitamins  Also consider:  □ Extra batteries for special medical equipment and denture care items |
| *TO DO* | *TO DO* | *TO DO* | *TO DO* | *TO DO* | *TO DO* |
| □ Establish out-of-state contact  □ Teach family members to use phone/text messages | □ Place a pair of shoes and a flashlight under your bed so they are handy during an emergency | □ Scan photos and important records (birth, insurance policies) to CD and secure in deposit box or with out of state family | □ Check with your child’s day care or school to learn their disaster plans  □ Find out about your workplace disaster plans | □ Store extra cash in kit  □ Store roll of quarters for emergency phone calls  □ Go with family to find a pay phone near your home | □ Take your family on a field trip to gas meter and water meter shutoffs to show what to do in an emergency |
| **Items marked with an asterisk (\*) should be purchased for each person of your household** | | | | | |
| **Week 13** | **Week 14** | **Week 15** | **Week 16** | **Week 17** | **Week 18** |
| *Hardware Store* | *Grocery Store* | *Hardware Store* | *Grocery Store* | *Grocery Store* | *Hardware Store* |
| □ Whistle  □ Pliers  □ Vise grip  Also consider:  □ Tarp, camp stove with fuel | □ 1 can fruit\*  □ 1 can meat\*  □ 1 can vegetables\*  □ 1 package paper plates  □ 1 package eating utensils  □ 1 package paper cups  □ Adult vitamins  Also consider:  □ Personal hygiene products and towels | □ Extra flashlight batteries  □ Masking tape  □ Hammer  □ Assorted nails  □ “L” brackets to secure tall furniture  □ Wood screws  Also consider:  □ Extra change of clothes per person | □ 1 can meat\*  □ 1 can vegetables\*  □ 1 box large heavy duty garbage bags  □ 1 box quick energy snacks  Also consider:  □ Jacket, hat, and gloves per person | □ 1 box graham crackers  □ Dry cereal  □ Food storage containers with lids  □ Safety pins  Also consider:  □ Pots, pans, and utensils for cooking | □ ABC fire extinguisher  □ Flares  Also consider:  □ Emergency escape ladder for 2nd story rooms |
| *TO DO* | *TO DO* | *TO DO* | *TO DO* | *TO DO* | *TO DO* |
| □ Take first aid and CPR classes | □ Look into neighborhood safety organization/join  □ Subscribe to local community alert systems | □ Brace shelves and cabinets | □ Arrange for a friend or neighbor to help your children if you are not home | □ Have an earthquake or tornado drill at home | □ Pack a “go-pack” in case you need to evacuate |
| **Week 19** | **Week 20** | **Week 21** | **Week 22** | **Week 23** | **Week 24** |
| *Grocery Store* | *Hardware Store* | *Hardware Store* | *Grocery Store* | *Hardware Store* | *Grocery Store* |
| □ 1 box large heavy duty garbage bags  □ 1 box quick energy snacks  Also consider:  □ Umbrellas or rain gear | □ Camping or utility knife  □ Extra radio batteries  Also consider:  □ Generator | □ Heavy work gloves  □ 1 box disposable dust masks  □ Plastic safety goggles  Also consider:  □ Cell phone chargers | □ Extra hand operated can opener  □ 3 rolls paper towels | □ Battery powered camping lantern with extra batteries  □ Screwdriver | □ Large plastic food bags  □ Plastic wrap  □ Aluminum foil |
| *TO DO* | *TO DO* | *TO DO* | *TO DO* | *TO DO* | *TO DO* |
| □ Date all perishable food items |  |  |  | □ Review family plan | □ Rotate perishable food items |

~ Formula for household chlorine bleach as a disinfectant for your kit: 16 drops (using medicine dropper) of bleach per gallon of water

~ Rotate your perishable supplies and change water every 6 months

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| **Suggested Foods** | |
| Canned Meat | Tuna, chicken, raviolis, chili, beef stew, spam, corned beef, etc. |
| Vegetables | Green beans, kennel corn, peas, beats, kidney beans, carrots, etc. |
| Fruit | Pears, peaches, mandarin oranges, applesauce, etc. |
| Cereal | Cherrios, Chex, Kix, Shredded Wheat, etc. |
| Quick Energy Snacks | Granola bars, trail mix |