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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 cansAlso consider:□ 1 gallon water for each pet, pet food, diapers, baby food | □ Crescent wrench□ Heavy rope□ Duct tape□ 2 flashlights with batteries□ Bungee cordsAlso 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 penAlso consider:□ 1 gallon water for each pet, pet food, diapers, baby food | □ Plumber’s tape□ Crowbar□ Smoke detector with batteryAlso 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 dropperAlso 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 wipesAlso 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 paperAlso consider:□ Games, cards, and child activities | □ Waterproof portable plastic container with lid for important papers□ Portable am/fm radio with batteries□ Waterproof matchesAlso 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 tissuesAlso consider:□ Sunscreen | □ Anti-diarrhea medicine□ Rubbing alcohol□ 2 pr rubber gloves□ Ipecac syrup or activate charcoal (for accidental poising)□ Children’s vitaminsAlso 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 gripAlso 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 vitaminsAlso consider:□ Personal hygiene products and towels | □ Extra flashlight batteries□ Masking tape□ Hammer□ Assorted nails□ “L” brackets to secure tall furniture□ Wood screwsAlso consider:□ Extra change of clothes per person | □ 1 can meat\*□ 1 can vegetables\*□ 1 box large heavy duty garbage bags□ 1 box quick energy snacksAlso consider:□ Jacket, hat, and gloves per person | □ 1 box graham crackers□ Dry cereal□ Food storage containers with lids□ Safety pinsAlso consider:□ Pots, pans, and utensils for cooking | □ ABC fire extinguisher□ FlaresAlso 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 snacksAlso consider:□ Umbrellas or rain gear | □ Camping or utility knife□ Extra radio batteriesAlso consider:□ Generator | □ Heavy work gloves□ 1 box disposable dust masks□ Plastic safety gogglesAlso 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 |