

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

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