

Your Family Disaster Supplies & Preparedness Calendar



The Family Disaster Supplies & Preparedness Calendar is intended to help you take appropriate preparedness actions and create a 3–7 day disaster supply kit before the next emergency happens. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each of the items you collect or the actions you take during the week. Supplies may be stored all together in a large plastic garbage can with wheels, putting the heavy items at the bottom. When medical supplies, flashlights and emergency items are placed near the top, they can be located quickly for inspecting and restocking. Remember to rotate your perishable supplies and change water every six months. **Review this calendar every six months.** For example, each time you change your clock, review this list.

Note: You should store 1–2 gallons of water per person for each day. This water is for consumption and sanitation. For this reason the calendar repeats the need to purchase water several times.

MONTH ONE

Week One

Grocery Store

- 1 gallon of water*
- 1 jar peanut butter*
- 1 large can juice*
- hand-operated can opener
- instant coffee, tea, powdered soft drinks
- permanent marking pen to mark date on cans & bottled water
- 1 gallon of water for each pet

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

To Do

- Establish an out-of-state contact to call in case of disaster.
- Prepare a list of important phone numbers: out-of-state contact, physicians, veterinarian, family, creditors, insurance, etc.
- Make a family plan. Follow the information from the Workbook or Red Cross brochures.

Week Two

Hardware Store

- crescent wrench
- heavy rope
- duct tape
- 2 flashlights with batteries
- bungee cords
- water proof matches

To Do

- Check your house for hazards. Follow the Reduce Hazards Booklet or Red Cross brochures.
- Identify which hazards you will reduce first.
- Locate your gas meter and water shutoffs and attach the proper tool near each.
- Obtain a collar-tag or microchip for your pet for emergency identification

Week Three

Grocery Store

- 1 gallon of water*
- 1 can meat*
- 1 can fruit*
- sanitary napkins
- video tape
- 1 gallon of water for each pet

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.
- Investigate home/ rental insurance.
- Date each can of food using a marking pen.

Week Four

Hardware Store

- plumber's tape
- crow bar
- smoke detector with battery
- tarp

Also: extra medications or prescription marked "emergency use," if needed

To Do

- Install or test your smoke/ fire/carbon monoxide detector. Replace batteries.
- Tie water heater to wall studs. Follow the diagrams in the Reduce Hazards booklet.

* Purchase one item per person

MONTH TWO

Week Five

Grocery Store

- 1 gallon of water*
- 1 can meat*
- 1 can fruit*
- 1 can vegetables*
- 2 rolls toilet paper*
- extra toothbrush*
- personal hygiene items: toothbrush, comb, etc.
- travel size tooth paste

Also: special food for special diets.

To Do

- Have a fire drill at home.
- For pets, ask veterinarian about appropriate size container for evacuating. (Vets may have info on used containers.)

Week Six

First Aid Supplies

- aspirin and/or acetaminophen
- compresses
- rolls of gauze or bandages
- first aid tape
- adhesive bandages in assorted sizes
- cold packs

Also: extra hearing aid batteries, if needed.

To Do

- Check your child's day care or school to find out about disaster plans.
- Take first aid/CPR class.
- Purchase a camp stove and fuel to boil water as needed

Week Seven

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

- Research how to become a licensed ham radio operator.

Week Eight

First Aid Supplies

- scissors
- tweezers
- antiseptic
- thermometer
- disposable hand wipes
- sewing kit
- waterproof plastic container for first aid supplies

To Do

- Send some of your favorite family and pet photos (or copies) to family members out of state for safe keeping.

MONTH THREE

Week Nine

Grocery Store

- 1 gallon of water*
- 1 can ready-to-eat soup (not concentrate)*
- liquid dish soap
- 1 quart plain liquid bleach
- 1 box heavy-duty garbage bags

Also: saline solution and a contact lens case if needed.

To Do

- Place a pair of hard sole shoes and a flashlight under your bed so that they are handy during an earthquake.

Week Ten

Hardware Store

- waterproof portable plastic container (with lid) for important papers
- portable AM/FM radio (with batteries)
- 1 flashlight (with batteries)

Also: space blanket, blankets or sleeping bag for each family member and pet.

To Do

- Make photocopies of important papers and store safely.
- Update animal vaccination records. Put with important papers.

Week Eleven

Grocery Store

- 1 gallon of water*
- 1 large can juice*
- large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels
- ¼ teaspoon (or 1ml) measuring device (for use with bleach to treat water)

Also: sunscreen, if needed.

To Do

- Store a roll of quarters for emergency phone calls, extra cash and credit cards.
- Go on a hunt with your family to find a pay phone near your home.

Week Twelve

First Aid Supplies

- anti-diarrhea medicine
- rubbing alcohol
- 2 pair latex gloves
- ipecac syrup and activated charcoal (for accidental poisoning)
- children's vitamins

Also: items for denture care, if needed.

To Do

- Take your family on a field trip to main electrical panel, gas meter and water shutoff. Demonstrate how to turn them off. If the valves don't move, contact the utility for repair.

* Purchase one item per person

MONTH FOUR

Week Thirteen

Hardware Store

- whistle
- ABC Fire extinguisher
- pliers
- vise grips
- local area map
- hand warmers
- extra batteries for radio and flashlight

Week Fourteen

Grocery Store

- 1 can fruit*
- 1 can meat*
- 1 can vegetables*
- 1 package paper plates*
- eating utensils
- package paper cups
- adult vitamins

Week Fifteen

Hardware Store

- extra flashlight batteries
- masking tape
- hammer
- "L" brackets or flexible straps to secure tall furniture to wall studs

Week Sixteen

Grocery Store

- 1 can meat*
- 1 can vegetables*
- 1 box large heavy-duty garbage bags
- kleenex
- 1 box quick energy snacks (granola bars or raisins)

To Do

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

To Do

- Develop a neighborhood pet care plan.

To Do

- Brace shelves and cabinets.
- Secure fish tanks, bird houses and reptile cages.

To Do

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

MONTH FIVE

Week Seventeen

Grocery Store

- 1 box graham crackers
- assorted plastic containers with lids
- assorted safety pins
- dry cereal

Also: extra clothing like jacket, towels, hat, umbrella, gloves, shoes, etc.

Week Eighteen

Hardware Store

- "child-proof" latches or other fasteners for your cupboards
- double sided tape or velcro-type fasteners to secure moveable objects
- extra rope or leash for pet

To Do

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

Week Nineteen

Grocery Store

- 1 box heavy duty garbage bags
- 1 box quick energy snacks
- pen and paper

To Do

- Have an earthquake drill at home.
- If you are a licensed ham radio operator, contact a local government agency to volunteer for emergency service.

Week Twenty

Grocery Store

- camping or utility knife
- extra radio batteries

Also: for each pet, extra medications or prescription marked "emergency use," if needed.

To Do

- Find out about your workplace disaster plans.

MONTH SIX

Week Twenty One

Hardware Store

- heavy work gloves
- 1 box disposable dust masks
- screw driver
- plastic safety goggles

Week Twenty Two

Grocery Store

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

Week Twenty Three

Hardware Store

- battery powered camping lantern with extra battery or extra flashlights
- for pets, a large ground screw to tie animals to when fences fall

Week Twenty Four

Grocery Store

- large plastic food bags
- plastic wrap
- aluminum foil

* Purchase one item per person

Create a Family Disaster Supplies Kit

To Get Started

- Review suggestions in the Emergency Preparedness Workbook.
- Check your house for supplies that you already have on hand.
- Decide where to 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 and how to respond.
- Discuss what to do if you need to evacuate.
- Practice your plan.
- At the end of six months, review what you have done. Start with month one of the calendar. Evaluate, rotate and supplement supplies and preparedness actions.

Suggested Foods *Select foods by your family's needs and preferences. Pick low-salt, water-packed varieties if possible.*

- Canned Meat: tuna, chicken, raviolis, chili, beef stew, spam, corned beef, etc.
- Vegetables: green beans, kernel corn, peas, beets, kidney beans, carrots, etc.
- Fruit: pears, peaches, mandarin oranges, apple sauce, etc.
- Cereal: Cheerios, Chex, Kix, Shredded Wheat, etc.
- Quick Energy Snacks: granola bars, raisins, etc.

Remember to rotate your supplies every six months

Storage Tips

- Keep food in dry, cool spot - dark area if possible.
- Keep food covered at all times.
- If you open food boxes or cans, do so carefully, so that you can close them tightly after each use.
- Wrap cookies or crackers in a plastic bag and inside a tight container.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air tight cans to protect them from pests.
- Inspect all food for signs of spoilage before use.
- Use foods before they go bad, and replace them with fresh supplies.
- Mark all foods with purchase date. Use ink or a marking pen. Place new items at the back/bottom of the storage area/container, and older ones in front.

Use* within 6 months:

- powdered milk (box)
- dried fruit (in air tight container)
- dry, crisp crackers (in air tight container)
- potatoes
- water
- bleach

Use* within one year:

- canned condensed milk and vegetable soups
- canned fruits, fruit juices and vegetables
- ready to eat cereals and uncooked instant cereals (in air tight container)
- peanut butter
- jelly
- hard candy and canned meats
- vitamin C
- water in manufactured sealed container

Long life: *(if checked annually and in air tight containers and proper conditions)*

- wheat
- vegetable oil
- dried corn
- baking powder
- soybeans
- instant coffee, tea and cocoa
- salt
- noncarbonated soft drinks
- white rice
- bouillon products
- dry pasta
- powdered milk (nitrogen-packed)

*Use or replace these items at the suggested time.

72 Hour Emergency Backpack (For 2 persons) Cost

Backpack: Red, 2 pouch w/ zippers, padded strong straps	\$10.00
Breathing protection: 4 pack of paper filter masks, N95 Rated Or optional, industrial respirator, MSA Combo grade	\$3.95 \$28.00
Water: 8 pints, plastic sealed bottles, (fills partial need for fluids) 24 canned variety drinks (2 each 12 pack carton) not in backpack	\$3.00 6.00 \$6.00
Food (sample, change to fit your families needs): 5 Oatmeal/fruit chewy bars, variety, metal foil sealed 5 special nutrition sweetened granola bars, foil sealed 5 personal sized packs, cookies, Metal foil sealed 2 powered dry mile "1 qt." Packets, Metal foiled sealed 2 fruit flavored drink mix packets (koolaid) 1 canned meat, tuna, chicken or ham, 12 Oz w/ Can opener 1 Peanut butter, 12 oz, hard plastic jar (3040 Calories/jar) 1 Strawberry jam, 12 oz, Hard plastic (1000 Caloris/jar) 1 variety fruit cocktail w/ pull top can (200 calories) 3 Dietary high calorie energy drinks (360 calories each) 1 box Graham crackers, plastic sealed (300 calories) 1 Box saltine crackers, plastic sealed (300 calories) 2 Fruit in Jello cups, Hard plastic w/ seal top (180 calories) 1 Large Can Chiken noodle souyp, pull top (400 calories)	\$2.00 \$3.00 \$1.90 \$1.58 \$1.00 \$3.00 \$2.49 \$3.00 \$1.30 \$4.95 \$3.00 \$3.00 \$1.76 \$2.99
Calories: 12000 Cost: ~\$35.00	
Personal Items: First aid kit, personal clothing change (vacuum bag preferred) Dental care kit, Metal foli thermal blankets, plastic poncho Soap w/ cloth, toilet paper, liquid hand sanitizer, wet wipes Mouthwash, 2 Plastic tissue packs, Personal medications for 3 days Woman/mens grooming, deodorant, water proof matches	\$5.00 \$3.00 \$4.20 \$4.00 \$4.25
Pack weight about 28 lbs	Total Cost: \$68.37

OTHER EMERGENCY ITEMS IN CAR/TRUNK

ommunications: Cellphone with car charger & use your car radio Or Emergency portable Radio, "Eton" Red Cross Model	\$30.00
Shelter Items (stored in car) First Aid Kit: Auto Sized J & J (170 items) Red Cross Labeled/Boxed Fire Extinguisher, Flashlight, Blanket (cotton/wool) (or sleeping bag), 50 ft Rope, Tarp, Small Shovel, Folding Saw, DuctTape, Multi-Tool	\$15.00 \$20.00
Other Items: (hidden safely) 3 days cash (in small bills, with change)	
Documents: copies of birth certificates, drivers license Contact lists w/ phone numbers, family assigned meeting place	

This is just a overall guide, Change to match your families specific needs. All costs are estimates and can vary

