

Your Family Emergency Supplies & Preparedness Calendar



The Family Emergency 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. Store individual items that could be damaged by moisture in airtight plastic bags and compile all items in a sturdy plastic container 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 clocks for daylight savings time, review this list.

Note: You should store 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*
- ☐ Hand-operated can opener
- ☐ Instant coffee, tea, powdered soft drinks
- ☐ Permanent marking pen to mark date on cans & water container

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

To Do

- ☐ Establish an out-of-state contact to call in case of emergency.
- ☐ Prepare a list of important phone numbers: out-of-state contact, physicians, veterinarian, family, creditors, insurance, etc.
- ☐ Make an emergency family plan. Follow the companion Family Emergency Plan Worksheet.

Week Two

Hardware Store

- ☐ Crescent wrench**
- ☐ Heavy duty rope**
- ☐ Duct tape
- ☐ 2 flashlights - hand crank or battery operated
- ☐ Batteries for flashlights
- ☐ Bungee cords**
- ☐ Water proof matches
- ☐ Scissors

To Do

- ☐ Check your house for hazards.
- ☐ Identify which hazards you will reduce first.
- ☐ Locate your gas meter and water valves and place 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/fish/tofu*
- ☐ 1 can fruit*
- ☐ 1 large can of juice*
- ☐ Sanitary napkins
- ☐ Video disc (see below)

Also: food and water for pets, diapers, and/or baby food if needed.

To Do

- ☐ Use a video camera to record the contents of your home for insurance purposes.
- ☐ Store copy of DVD with friend/family member who lives out of town.
- ☐ Investigate home/ rental insurance.
- ☐ Date each can of food using a marking pen or highlight the expiration date found on each item.

Week Four

Hardware Store

- ☐ Crow bar**
- ☐ Smoke detectors with batteries
- ☐ Tarp**

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

To Do

- ☐ Install or test your smoke/ fire/carbon monoxide detectors. Replace batteries every 6 months.
- ☐ Secure water heater to wall studs. Follow recommendations on the USGS website at www.usgs.gov.

* Purchase one item per person/pet
** Determine size based on your need

MONTH TWO

Week Five

Grocery Store

- ☐ 1 gallon of water*
- ☐ 1 can meat/fish/tofu*
- ☐ 1 can fruit*
- ☐ 1 can vegetables*
- ☐ 2 rolls toilet paper*
- ☐ Personal hygiene items: toothbrush, toothpaste, deodorant, comb, etc.

Also: special food for special diets.

To Do

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

Week Six

First Aid Supplies

- ☐ Aspirin and/or ibuprofen
- ☐ 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 emergency plans.
- ☐ Take first aid/CPR class.
- ☐ Obtain 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*
- ☐ Children's vitamins

Also: extra plastic baby bottles, formula and diapers, if needed.

To Do

- ☐ Take a PEP (Personal Emergency Preparedness) or CERT (Community Emergency Response Team) class through the Fire District.
- ☐ Make photocopies of important papers and store safely.

Week Eight

First Aid Supplies

- ☐ Scissors
- ☐ Tweezers
- ☐ Antiseptic
- ☐ Thermometer
- ☐ Disposable hand wipes/hand sanitizer
- ☐ Sewing kit
- ☐ Waterproof plastic container for first aid supplies

To Do

- ☐ Send copies of your favorite family and pet photos (hard copies or digital images) to an out of state family member 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 after an earthquake.

Week Ten

Hardware Store

- ☐ Waterproof portable plastic container (with lid) for important papers
- ☐ Portable AM/FM radio (with batteries)
- ☐ 1 flashlight (hand crank or battery operated)

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

To Do

- ☐ Consider storing important documents on a password protected thumb drive, CD or encrypted email account.
- ☐ Update animal vaccination records. Put with important papers.

Week Eleven

Grocery Store

- ☐ 1 gallon of water*
- ☐ Large plastic food bags**
- ☐ 1 box quick energy snacks
- ☐ 3 rolls paper towels
- ☐ 1/4 teaspoon (or 1ml) measuring device (for use with bleach to treat water)

To Do

- ☐ Store a roll of quarters for use at vending machines and laundry mats.

Week Twelve

First Aid Supplies

- ☐ Anti-diarrhea medicine
- ☐ Rubbing alcohol
- ☐ 2 pair of latex gloves
- ☐ Sunscreen

Also: items for denture care, if needed.

To Do

- ☐ Tour your home and visit your main electrical panel, gas meter valve and water meter valve. Understand how and when to turn them off.

* Purchase one item per person/pet

** Determine size based on your need

MONTH FOUR

Week Thirteen	Week Fourteen	Week Fifteen	Week Sixteen
Hardware Store ☐ Whistle ☐ ABC Fire extinguisher** ☐ Pliers** ☐ Local area map ☐ Hand warmers ☐ Extra batteries for radio and flashlight To Do ☐ Call your local Police Department and find out if you have a neighborhood watch group.	Grocery Store ☐ 1 can fruit* ☐ 1 can vegetables* ☐ 1 package paper plates* ☐ Eating utensils ☐ Package paper cups ☐ Adult vitamins To Do ☐ Develop a neighborhood pet care plan.	Hardware Store ☐ Extra flashlight batteries ☐ Masking tape ☐ Hammer** ☐ "L" brackets or flexible straps to secure tall furniture to wall studs To Do ☐ Brace shelves and cabinets. ☐ Secure fish tanks, bird houses and reptile cages.	Grocery Store ☐ 1 can meat* ☐ 1 can vegetables* ☐ Facial tissue To Do ☐ Make a plan to check on a neighbor who might need help in an emergency.

MONTH FIVE

Week Seventeen	Week Eighteen	Week Nineteen	Week Twenty
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. To Do ☐ Arrange for a friend or neighbor to help your children or watch your pets, in the event you are unable to, during an emergency.	Hardware Store ☐ Double sided tape or velcro-type fasteners to secure moveable objects ☐ Extra rope or leash for pet** To Do ☐ Practice your evacuation and Family Emergency Plan. ☐ Research how to become a licensed Ham radio operator.	Grocery Store ☐ 1 box heavy duty garbage bags ☐ 1 box quick energy snacks (granola bars/raisins) ☐ 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.	Hardware 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	Week Twenty Two	Week Twenty Three	Week Twenty Four
Hardware Store ☐ Heavy work gloves ☐ 1 box disposable dust masks ☐ Screw driver** (consider a variety) ☐ Plastic safety goggles	Grocery Store ☐ Extra manual can opener ☐ 1 large can of juice	Hardware Store ☐ Battery powered camping lantern with extra batteries or extra flashlights ☐ For pets, a large ground screw to tie animals to when fences fall	Grocery Store ☐ Large plastic food bags ☐ Plastic wrap ☐ Aluminum foil

* Purchase one item per person/pet
 ** Determine size based on your need

Create a Family Emergency Supplies Kit

To Get Started

- Review the Family Emergency Plan Worksheet and suggestions at www.BeReadySRV.org.
- Check your house for supplies that you already have on hand.
- Decide where to store supplies. Remember to store individual items that could be damaged by moisture in airtight plastic bags and compile all items in a sturdy plastic container with wheels.

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.
- Make preparedness a family activity, talk with your children about the importance of preparedness and have them take an active role in your planning.
- Practice your plan. Have a family drill.
- 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.

- Canned Meat: tuna, chicken, raviolis, chili, beef stew, Spam, corned beef, tofu, etc.
- Vegetables: green beans, kernel corn, peas, beets, kidney beans, carrots, etc.
- Fruit: pears, peaches, mandarin oranges, apple sauce, etc.
- Cereal: Your favorite dry and oatmeal varieties, etc.
- Quick Energy Snacks: granola bars, raisins, etc.
- Don't forget your manual can opener.
- Remember to rotate your supplies every six months.

Storage Tips

- Keep food in dry, cool spot - dark area if possible.
- Keep food and supplies in a closed container at all times.
- 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 plastic bags to protect them from pests.
- Inspect all food for signs of spoilage and expirations dates.
- 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/top.

Use* within 6 months:

- ☐ Powdered milk (box)
- ☐ Dried fruit (in air tight container)
- ☐ Dry, crisp crackers (in air tight container)
- ☐ Potatoes
- ☐ Bleach

Use* within one year:

- ☐ Canned condensed milk
- ☐ Canned vegetable soups and meats
- ☐ Canned fruits, fruit juices and vegetables
- ☐ Ready to eat cereals and uncooked instant cereals (in air tight container)
- ☐ Peanut butter
- ☐ Jelly
- ☐ Hard candy
- ☐ Vitamin C
- ☐ Water in manufactured sealed container refer to exp. date

Long life:

(If checked annually and in air tight containers and proper conditions)

- ☐ Wheat
- ☐ Vegetable oil
- ☐ Dried corn
- ☐ Baking powder
- ☐ Soybeans / dried
- ☐ Instant coffee, tea and cocoa
- ☐ Salt
- ☐ Noncarbonated soft drinks
- ☐ White rice
- ☐ Bouillon products
- ☐ Dry pasta

*Use or replace these items at the suggested time.

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