

Emergency Preparedness Supplies Calendar

The Family Emergency Preparedness Supplies Calendar is intended to help you prepare for emergencies before they happen. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

Week 1

Grocery store

- 1 gallon of water*
- 1 jar peanut butter*
- 1 large can juice*
- 1 can meat*
- Hand-operated can opener
- Instant coffee, tea, powdered soft drinks
- Permanent marking pen to mark date on cans

To Do

- Make a family plan
- Date each perishable food item using marking pen.

Week 2

Hardware Store

- Crescent wrench
- Heavy rope
- Duct tape
- 2 flashlights with batteries
- "Bungee" cords

To Do

- Check your house for hazards.
- Locate your gas meter and water shutoffs and attach a wrench near them.

Week 3

Grocery Store

- 1 gallon water*
- 1 can meat*
- 1 can fruit*
- Sanitary napkins
- Video tape

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.

Week 4

Hardware Store

- Plumber's tape
- Crowbar
- Smoke detector with battery

To Do

- Install or test your smoke detector
- Tie water heater to wall studs using plumber's tape.

Week 5

Grocery Store

- 1 gallon water*
- 1 can meat*
- 1 can fruit*
- 1 can vegetables*
- 2 rolls toilet paper*
- Extra toothbrush*
- Travel size toothpaste

To Do

- Have a fire drill at home.

Week 6

First Aid Supplies

- Aspirin and/or acetaminophen
- Compresses
- Rolls of gauze or bandages
- First aid tape
- Adhesive bandages (in assorted sizes)

To Do

- Check with your child's day care or school to find out about their emergency plans.

Week 7

Grocery Store

- 1 gallon of water*
- 1 can ready-to-eat soup (not concentrate)*
- 1 can fruit*
- 1 can vegetables*

To Do

- Establish an out-of state contact to call in case of emergency.

Week 8

First Aid Supplies

- Scissors
- Tweezers
- Antiseptic
- Thermometer
- Liquid hand soap
- Disposable hand wipes
- Sewing Kit

To Do

- Place a pair of shoes and a flashlight under Your bed so that they are handy during an emergency.

Week 9

Grocery Store

- 1 can ready-to-eat soup*
- Liquid dish soap
- Plain liquid bleach
- 1 box heavy-duty garbage bags

To Do

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

Week 10

Hardware Store

- Waterproof portable plastic container (with lid) for important papers.
- Portable AM/FM radio (with batteries)

To Do

- Make photocopies of important papers and store safely.

Week 11

Grocery Store

- 1 large can juice*
- Large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels

To Do

- Store a roll of quarters for emergency phone calls.
- Go on a hunt with your family to find a pay phone near your home.

Week 12

First Aid Supplies

- Anti-diarrhea medicine
- Rubbing alcohol
- 2 pairs of latex gloves
- Ipecac syrup and activated charcoal (for accidental poisoning)
- Children's vitamins

To Do

- Take your family on a field trip to gas meter and water meter shutoffs.