



Disaster Supplies Calendar

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a disaster supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies (such as food and water) every six months.

*** Purchase one for each member of the household.**

WEEK 1

Grocery Store

- 1 gallon water*
- 1 jar peanut butter
- 1 large can juice*
- 1 can meat*
- Hand-operated can opener
- Permanent marking pen

Also, pet food, diapers, and baby food, if needed.

To Do

- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.

WEEK 2

Hardware Store

- Heavy cotton or hemp rope
- Duct tape
- 2 flashlights with batteries
- Matches in waterproof container

Also, a leash or carrier for your pet.

To Do

- Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment.



WEEK 3

Grocery Store

- 1 gallon water*
- 1 can meat*
- 1 can fruit*
- Feminine hygiene supplies
- Paper and pencil
- Map of the area
- Aspirin or non-aspirin pain reliever
- Laxative

Also, 1 gallon of water for each pet.

To Do

- Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster.



WEEK 4

Hardware Store

- Patch kit and can of seal-in-air product for the tires of mobility aids
- Signal flare
- Compass

Also, extra medications or prescriptions marked "emergency use."

To Do

- Develop a personal disaster plan.
- Give copies of the following lists to your network: emergency information list, medical information list, disability-related supplies and special equipment list, and personal disaster plan.



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

Also, special food for special diets, if needed.

To Do

- ___ Make a floor plan of your home including primary escape routes.
- ___ Identify safe places to go to in case of fire, earthquake, tornado, hurricane, and flood.
- ___ Practice a fire drill and earthquake drill with your network.

WEEK 6

First Aid Supplies

- ___ Sterile adhesive bandages in assorted sizes
- ___ Safety pins
- ___ Adhesive tape
- ___ Latex gloves
- ___ Sunscreen
- ___ Gauze pads
- ___ Sterile roller bandages

Also, extra hearing aid batteries, if needed.

To Do

- ___ Check with child's day care center or school to find out about their disaster plans.

WEEK 7

Grocery Store

- ___ 1 gallon water*
- ___ 1 can ready-to-eat soup (not concentrated)*
- ___ 1 can fruit*
- ___ 1 can vegetables*
- ___ Sewing kit
- ___ Disinfectant

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



To Do

- ___ Establish an out-of-town contact to call in case of emergency.
- ___ Share this information with your network so they know whom to call.
- ___ Make arrangements for your network to check on you immediately after an evacuation order or a disaster.

WEEK 8

First Aid Supplies

- ___ Scissors
- ___ Tweezers
- ___ Thermometer
- ___ Liquid antibacterial hand soap
- ___ Disposable hand wipes
- ___ Needles
- ___ Petroleum jelly or other lubricant
- ___ 2 tongue blades

Also, extra eyeglasses, if needed. Put in first aid kit.

To Do

- ___ Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency.

WEEK 9

Grocery Store

- ___ 1 can ready-to-eat soup*
- ___ Liquid dish soap
- ___ Household chlorine bleach
- ___ 1 box heavy-duty garbage bags with ties
- ___ Antacid (for stomach upset)

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

To Do

- ___ Familiarize your network with any areas on your body where you have reduced sensation.
- ___ Choose a signal with your network that indicates you are okay and have left the disaster site.
- ___ If you have a communication disability, store a word or letter board in your disaster supplies kit.



WEEK 10

Hardware Store

- ___ Waterproof portable plastic container (with lid) for important papers
- ___ Battery-powered radio
- ___ Wrench(es) needed to turn off utilities

To Do

- ___ Take your network on a field trip to the gas meter and water meter shutoffs. Discuss when it is appropriate to turn off utilities.
- ___ Attach a wrench next to the cutoff valve of each utility meter so it will be there when needed.
- ___ 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
- ___ Medicine dropper

To Do

- ___ Store a roll of quarters for emergency phone calls.
- ___ Go on a hunt with your family to find a pay phone that is close to your home.
- ___ Test your smoke detector(s). Replace the battery in each detector that does not work.

WEEK 12

Animal Care Store

- ___ Extra harness, leash, ID tags, and food for your service animal and/or pets
- ___ Litter/pan
- ___ Extra water
- ___ Veterinarian
- ___ Obtain current vaccinations and medical records of your animal(s)
- ___ Medications

To Do

- ___ Develop a pet care plan in case of disaster.
- ___ Make photocopies of all vaccination records and put them in your disaster supplies kit.
- ___ Put extra animal harness, leash, and identification tag(s) in your disaster supplies kit.

WEEK 13

Hardware Store

- ___ Whistle
- ___ Pliers
- ___ Screwdriver
- ___ Hammer
- ___ Perforated metal tape (sometimes called plumber's tape or strap iron)
- ___ Crow bar

To Do

- ___ Take a first aid/CPR class from your local Red Cross.
- ___ Arrange to have your water heater strapped to wall studs using perforated metal tape.

WEEK 14

Grocery Store

- ___ 1 can fruit*
- ___ 1 can meat*
- ___ 1 can vegetables*
- ___ 1 package eating utensils
- ___ 1 package paper
- ___ Cups

To Do

- ___ Make sure your network and neighbors know what help you may need in an emergency and how best to assist.
- ___ Practice using alternate methods of evacuation with your network.

WEEK 15

Hardware Store

- ___ Extra flashlight batteries
- ___ Extra battery for portable radio
- ___ Assorted nails
- ___ Wood screws
- ___ Labels for your equipment and supplies

To Do

- ___ Make arrangements to bolt bookcases and cabinets to wall studs.
- ___ Label equipment and attach instruction cards.



