



# 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.





**WEEK 16**

Grocery Store

- 1 can meat\*
- 1 can vegetables\*
- 1 box facial tissue
- 1 box quick energy snacks
- Dried fruit/nuts

To Do

- Find out if you have a neighborhood safety organization and join it.
- Develop a disaster supplies kit for your car or van.

**WEEK 17**

Grocery Store

- 1 box graham crackers
- Assorted plastic containers with lids
- Dry cereal

First Aid Supplies

- Anti-diarrheal medication
- Rubbing alcohol
- Antiseptic
- Syrup of ipecac and activated charcoal

To Do

- Arrange for a friend or neighbor to help your children if you are not able to respond or are at work.

**WEEK 18**

Hardware Store

- "Child proof" latches or other fasteners for your cupboards
- Double-sided tape or hook-and-loop fasteners (such as Velcro®) to secure moveable objects
- Plastic bucket with tight lid
- Plastic sheeting

To Do

- Arrange for someone to install latches on cupboards and secure moveable objects.
- Put away a blanket or sleeping bag for each household member.

**WEEK 19**

Grocery Store

- 1 box quick-energy snacks
- Comfort foods (such as cookies, candy bars)
- Plastic wrap
- Aluminum foil

Also denture care items, if needed.

To Do

- Review your insurance coverage with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed.
- Purchase and have installed an emergency escape ladder for upper story windows, if needed.

**WEEK 20**

Hardware Store

- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust masks
- 2 blank videocassettes

To Do

- Use a video camera to tape the contents of your home for insurance purposes.
- Make a copy of the videotape and send to an out-of-town friend or family member.
- Find out about your workplace disaster plan.

