

Family Emergency Supplies Calendar

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Hand operated can opener <input type="checkbox"/> Instant coffee, tea, powdered drinks <input type="checkbox"/> Permanent marking pen to mark date on cans, bottles <input type="checkbox"/> 1 box large heavy-duty garbage bags <p>To Do: Check your home for hazards.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plumber's tape <input type="checkbox"/> Crowbar <input type="checkbox"/> Smoke detector with battery <input type="checkbox"/> 2 flashlights with batteries <p>Also: Pet leash and/or carrier</p> <p>To Do: Pack a "Go Kit" for evacuations. Mark your calendar for 6 months from today to replenish/replace food and water.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> Sanitary napkins <input type="checkbox"/> Adult vitamins <input type="checkbox"/> 1 box quick energy snacks <p>Also: Pet food, diapers, and baby supplies (remember 1 gallon water for each pet)</p> <p>To Do: Locate gas meter and water shutoffs, and have a wrench that fits each.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crescent wrench <input type="checkbox"/> Screwdriver set <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Battery powered camping lantern <input type="checkbox"/> Bungee cords <p>Also: Extra medications or a prescription marked "Emergency Use"</p> <p>To Do: Place a pair of sturdy shoes and a flashlight under each bed so they are handy during an emergency.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 2 rolls toilet paper* <input type="checkbox"/> Extra toothbrush* <input type="checkbox"/> Extra toothpaste* <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil <p>Also: Special foods for dietary/medical restrictions</p> <p>To Do: Identify evacuation routes for your area.</p>	<p>First Aid Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin or Tylenol <input type="checkbox"/> Compresses <input type="checkbox"/> Gauze/bandages <input type="checkbox"/> First aid tape <input type="checkbox"/> Adhesive bandages (assorted sizes) <p>Also: Extra batteries for special medical equipment</p> <p>To Do: Teach your family members how to use phones and messaging devices.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hardware to secure heavy or hazardous objects <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> 1 box disposable dust masks <p>Also: Assorted safety pins</p> <p>To Do: Install hardware to secure heavy or hazardous objects.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 can ready-to-eat soup* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Children's vitamins <p>Also: Any items required for eye care</p> <p>To Do: Make an emergency plan with your family</p>

Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
<p>First Aid Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Antiseptic <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing kit <p>Also: Individual eye protection (safety glasses/goggles)</p> <p>To Do: Establish an out-of-state contact to call in case of emergency. Inform your emergency contacts of this situation.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready-to-eat soup* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 can vegetables <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Liquid bleach <input type="checkbox"/> 1 box heavy-duty garbage bags <p>Also: Assemble some games for you and your family to play as well as individual games.</p> <p>To Do: Plan and practice exit drills in the home.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable plastic container for important papers <input type="checkbox"/> Portable AM/FM radio and batteries <p>Also: blankets or sleeping bags for each family member</p> <p>To Do: Check with your child's day care or school for their disaster plan. Arrange for family, friends or neighbors to help your children if you are at work.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 box quick energy snacks (power bars) <input type="checkbox"/> 3 rolls paper towels <input type="checkbox"/> Facial tissues <p>To Do: Sign up for First Aid/CPR class and Community Emergency Response Team or Neighborhood Emergency Team training courses (CERT or NET).</p>	<p>First Aid Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Ipecac syrup and activated charcoal (for accidental poisoning) <input type="checkbox"/> Sunscreen <p>To Do: Find out if you have a neighborhood safety organization and join it. Plan to check on a neighbor who might need help during an emergency.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> Pliers <input type="checkbox"/> Vise grips <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Extra batteries <p>Also: Purchase an emergency escape ladder for any second story bedrooms.</p> <p>To Do: Find out about your workplace emergency plans.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 package eating utensils <input type="checkbox"/> 1 package paper cups <input type="checkbox"/> 3 rolls paper towels <input type="checkbox"/> 2 rolls toilet paper* <p>Also: Assorted plastic containers with lids for storage</p> <p>To Do: Subscribe to local community alert services.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra flashlight batteries <input type="checkbox"/> Duct tape <input type="checkbox"/> Hammer <input type="checkbox"/> Assorted nails <p>To Do: Photocopy important papers and store them safely. Determine if there is an out-of-state family member or other secure storage place to put copies of your important papers.</p>

*Per person in the household