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Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each week 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** | **Week 2** | **Week 3** | **Week 4** | | **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 drinks   permanent marking pen to mark date on cans (remember 1 gallon of water for each pet)  Also: pet food, diapers, and /or baby food if needed | **Hardware Store**   crescent wrench   heavy rope   duct tape   2 flashlights with batteries   "bungee" cords  Also: a leash or carrier for your pet if needed | **Grocery Store**   1 gallon of water\*   1 can meat\*   1 can fruit\*   sanitary napkins   video tape  (remember 1 gallon of water for each pet) | **Hardware Store**   plumber's tape   crowbar   smoke detector with battery  Also: extra medications or a prescription marked "emergency use" if needed | |  |  |  |  | | **To Do**   make a family plan   date each perishable food item using marking pen. | **To Do**   check your house for hazards   Locate your gas meter and water shutoffs and attach a wrench near them | **To Do**   use a video camera to tape the contents of your home for insurance purposes.   store video tape with friend/family member that lives out of town. | **To Do**   Install or test your smoke detector   tie water heater to wall studs using plumbers tape. | |  | | | | | **Week 5** | **Week 6** | **Week 7** | **Week 8** | | **Grocery Store**   1 gallon of water   1 can meat   1 can fruit   1 can vegetables   2 rolls toilet paper   extra toothbrush   travel size toothpaste  Also: special foods for special diets if needed | **First Aid Supplies**   aspirin and/or acetaminophen   compresses   rolls of gauze or bandages   first aid tape   Adhesive bandages-assorted sizes  Also: extra hearing aid batteries if needed | **Grocery Store**   1 gallon of water\*   1 ready to eat soup (not concentrate)   1 can fruit\*   1 can vegetables  Also: extra plastic baby bottles, formula, and diapers if needed | **First Aid Supplies**   scissors   tweezers   antiseptic   thermometer   liquid hand soap   disposable hand wipes   sewing kit  Also: extra eyeglasses if needed | | **To Do**   have a fire drill at home | **To Do**   check with your child's day care or school to find out about their disaster plans. | **To Do**   establish an out of state contact to call in case of emergency | **To Do**   place a pair of shoes and a flashlight under your bed so that they are handy during an emergency. | |  |  |  |  | |  | | | | | **Week 9** | **Week 10** | **Week 11** | **Week 12** | | **Grocery Store**   1 can ready to eat soup   liquid dish soap   *plain liquid bleach*   1 box heavy duty garbage bags  Also: saline solution and a contact lens case, if needed | **Hardware Store**   waterproof portable plastic container (with lid) for important papers   portable AM/FM radio  Also: blankets or sleeping bag for each family member | **Grocery Store**   1 large can juice\*   1 large plastic food bags\*   1 box quick energy snacks\*   3 rolls paper towels  Also: sunscreen, if needed | **First Aid Supplies**   anti-diarrhea medicine   rubbing alcohol   2 pair latex gloves   ipecac syrup and activated charcoal (for accidental poisoning)   children's vitamins  Also: items for denture care if needed | | **To Do**   Send some of your favorite family photos (or copies) to family members out of state for safe keeping. | **To Do**   Make photocopies of important papers and store safely. | **To Do**   Store a roll of quarters for emergency phone calls.   Go on a hunt with your family to find a pay phone near home. | **To Do**   Take your family on a field trip to gas meter and water meter shutoffs. | |  | | | | | **Week 13** | **Week 14** | **Week 15** | **Week 16** | | **Hardware Store**   whistle   ABC fire extinguisher   pliers   vise grips | **Grocery Store**   1 can fruit\*   1 can meat\*   1 can vegetables\*   1 package paper plates   1 package eating utensils   1 package paper cups   adult vitamins | **Hardware Store**   extra flashlight batteries   masking tape   hammer   assorted nails   "L" brackets to secure tall furniture to wall studs   wood screws | **Grocery Store**   1 can meat\*   1 can vegetables\*   1 box large heavy duty garbage bags   Kleenex   1 box quick energy snacks (such as granola bars or raisins) | | **To Do**   Take a first aid/CPR class | **To Do**   Make a plan to check on a neighbor who may need help in an emergency | **To Do**   Brace shelves and cabinets | **To Do**   Find out if you have a neighborhood safety organization and join it! | |  | | | | | **Week 17** | **Week 18** | **Week 19** | **Week 20** | | **Grocery Store**   1 box of graham crackers   assorted plastic containers with lids   assorted safety pins   dry cereal | **Hardware Store**   "child proof" latches or other fasteners for your cupboards   double-sided tape or Velcro-type fasteners to secure moveable objects | **Grocery Store**   1 box large heavy duty garbage bags   1 box quick energy snacks (such as granola bars or raisins) | **Hardware Store**   camping or utility knife   extra radio batteries  Also: purchase an emergency escape ladder for second story bedrooms if needed. | | **To Do**   Arrange for a friend or neighbor to help your children if you are at work. | **To Do**   Pack a "go-pack" in case you need to evacuate | **To Do**   Have an earthquake drill at home. | **To Do**   Find out about your workplace disaster plans. | |  | | | | | **Week 21** | **Week 22** | **Week 23** | **Week 24** | | **Hardware Store**   heavy work gloves   1 box disposable dust masks   screwdriver   plastic safety goggles | **Grocery Store**   extra hand operated can opener   3 rolls paper towels | **Hardware Store**   battery powered camping lantern with extra battery or flashlights | **Grocery Store**   large plastic food bags   plastic wrap |   **Create a Family Disaster Supplies Kit**  **To Get Started**   * Check your house for supplies that you already have on hand. * Decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation).   **Meet With Your Family to Plan**   * Discuss the types disasters that could occur. * Explain how to prepare; explain when and how to respond. * Discuss what to do if you need to evacuate. * Practice your plan.   **Suggested Foods**   |  |  | | --- | --- | | Select based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible | | | **Canned Meat** | tuna, chicken, raviolis, chili, beef stew, spam, corned beef, etc. | | **Vegetables** | green beans, kernel corn, peas, beets, kidney beans, carrots, etc. | | **Fruit** | pears, peaches, mandarin oranges, applesauce, etc. | | **Cereal** | Cheerios, Chex, Kix, Shredded Wheat, etc. | | **Quick energy snacks** | granola bars | | | |