

# DISASTER SUPPLY CALENDAR



The 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 the items as you gather them each week, until completed.

Week 1	Week 2	Week 3	Week 4
<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 jar peanut butter</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> Hand-operated can opener</li> <li><input type="checkbox"/> Permanent marking pen</li> <li><input type="checkbox"/> Pet food, diapers, and baby food, if needed</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn what kinds of disasters can happen in your area and what to do.</li> <li><input type="checkbox"/> Date each perishable food item using permanent marker.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy cotton or hemp rope</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> 1 flashlight with batteries</li> <li><input type="checkbox"/> Matches in waterproof container</li> <li><input type="checkbox"/> A leash or carrier for pet(s)</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> Feminine hygiene supplies</li> <li><input type="checkbox"/> Paper and pencil</li> <li><input type="checkbox"/> Map of the area</li> <li><input type="checkbox"/> Aspirin or non-aspirin pain reliever</li> <li><input type="checkbox"/> Laxative</li> <li><input type="checkbox"/> 1 gallon of water/ pet*</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Patch kit and can of seal-in-air product for the tires of mobility aids</li> <li><input type="checkbox"/> Clothing*</li> <li><input type="checkbox"/> Sturdy shoes*</li> <li><input type="checkbox"/> Extra socks/underwear*</li> <li><input type="checkbox"/> Extra medications or prescriptions marked "emergency use"</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Create the following lists and give copies to your network: emergency information, medical information, disability-related supplies and special equipment, and personal disaster plan.</li> </ul>
Week 5	Week 6	Week 7	Week 8
<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 2 rolls toilet paper</li> <li><input type="checkbox"/> Toothbrush*</li> <li><input type="checkbox"/> Toothpaste</li> <li><input type="checkbox"/> Special food for special diets, if needed.</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a floor plan of your home including primary escape routes.</li> <li><input type="checkbox"/> Identify safe places to go - complete pg. 8 of the plan.</li> <li><input type="checkbox"/> Practice a fire drill and earthquake drill with your network.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sterile adhesive bandages in assorted sizes</li> <li><input type="checkbox"/> Safety pins</li> <li><input type="checkbox"/> Adhesive tape</li> <li><input type="checkbox"/> Disposable gloves (2 pair)</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> 2" &amp; 4" gauze pads (6 ea.)</li> <li><input type="checkbox"/> 2" &amp; 3" Sterile roller bandages (6 ea.)</li> <li><input type="checkbox"/> Extra hearing aid batteries, if needed.</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with child's day care center or school to find out about their disaster plans.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Sewing kit</li> <li><input type="checkbox"/> Household chlorine bleach</li> <li><input type="checkbox"/> Extra plastic baby bottles, formula, and diapers, if needed.</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Establish an out-of-town contact to call in case of emergency.</li> <li><input type="checkbox"/> Share this information with your network so they know whom to call.</li> <li><input type="checkbox"/> Make arrangements for your network to check on you immediately after an evacuation order or disaster.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors &amp; Tweezers</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Liquid antibacterial soap</li> <li><input type="checkbox"/> Disposable hand wipes</li> <li><input type="checkbox"/> Petroleum jelly or other lubricant</li> <li><input type="checkbox"/> 2 tongue blades</li> <li><input type="checkbox"/> Extra eyeglasses, if needed.</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency.</li> <li><input type="checkbox"/> If blind, store a talking clock and mark your disaster supplies in braille or with florescent tape.</li> </ul>

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Week 9	Week 10	Week 11	Week 12
<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready-to-eat soup*</li> <li><input type="checkbox"/> Liquid dish soap</li> <li><input type="checkbox"/> 1 box heavy-duty garbage bags with ties</li> <li><input type="checkbox"/> Antacid (for upset stomach)</li> <li><input type="checkbox"/> Saline solution and a contact lens case, if needed.</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Familiarize your network with any areas on your body where you have reduced sensation.</li> <li><input type="checkbox"/> Choose a signal with your network that indicates you are okay and have left the disaster site.</li> <li><input type="checkbox"/> If you have a communication disability, store a word or letter board in your disaster supplies kit.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof portable plastic container (with lid) for important papers</li> <li><input type="checkbox"/> Battery-powered radio</li> <li><input type="checkbox"/> Wrench(es) needed to turn off utilities</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take your network on a field trip to the gas meter and water meter shutoffs. Discuss when it is appropriate to turn off utilities.</li> <li><input type="checkbox"/> Attach a wrench next to the cutoff valve of each utility meter so it will be there when needed.</li> <li><input type="checkbox"/> Make photocopies of important papers and store safely.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Utility knife</li> <li><input type="checkbox"/> Paper towels</li> <li><input type="checkbox"/> 1 box quick energy snacks</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Store a roll of quarters for emergency phone calls.</li> <li><input type="checkbox"/> Go on a hunt with your family to find a pay phone that is close to your home.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> ID tags for your service animal and/or pets</li> <li><input type="checkbox"/> Litter/pan</li> <li><input type="checkbox"/> Extra water</li> <li><input type="checkbox"/> Current vaccination records</li> <li><input type="checkbox"/> Medical records for pets medications</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a pet care plan in case of disaster.</li> <li><input type="checkbox"/> Make photocopies of all vaccination records and put them in your disaster supplies kit.</li> </ul>
Week 13	Week 14	Week 15	Week 16
<ul style="list-style-type: none"> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Multi-purpose tool</li> <li><input type="checkbox"/> Cell phone charger</li> <li><input type="checkbox"/> Mylar blanket</li> <li><input type="checkbox"/> Ibuprofen/acetaminophen</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a first aid/CPR class</li> <li><input type="checkbox"/> Arrange to have your water heater strapped to wall studs using perforated metal tape.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 package eating utensils</li> <li><input type="checkbox"/> 1 package paper cups/plates</li> <li><input type="checkbox"/> Hand sanitizer</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure your network and neighbors know what help you may need in an emergency and how best to assist.</li> <li><input type="checkbox"/> Practice using alternate methods of evacuation with your network.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Extra flashlight batteries</li> <li><input type="checkbox"/> Extra battery for portable radio</li> <li><input type="checkbox"/> Rubber bands</li> <li><input type="checkbox"/> Labels for your equipment and supplies</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make arrangements to bolt bookcases and cabinets to wall studs.</li> <li><input type="checkbox"/> Label equipment and attach instruction cards.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Triangular bandages</li> <li><input type="checkbox"/> 1 box quick energy snacks</li> <li><input type="checkbox"/> Dried fruit/nuts</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out if you have a neighborhood safety organization and join it.</li> </ul>

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Week 17	Week 18	Week 19	Week 20
<ul style="list-style-type: none"> <li><input type="checkbox"/> Antidiarrheal medication</li> <li><input type="checkbox"/> Rubbing alcohol</li> <li><input type="checkbox"/> Antiseptic</li> <li><input type="checkbox"/> Syrup of ipecac and activated charcoal</li> <li><input type="checkbox"/> Vitamins, supplements</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are not able to respond or are at work.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Double-sided tape or hook-and-loop fasteners (such as Velcro®) to secure moveable objects</li> <li><input type="checkbox"/> Plastic bucket with tight lid</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for someone to secure moveable objects.</li> <li><input type="checkbox"/> Put away a blanket or sleeping bag for each household member.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box quick-energy snacks</li> <li><input type="checkbox"/> Aluminum foil</li> <li><input type="checkbox"/> Denture care items, if needed.</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Review your insurance coverages with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed.</li> <li><input type="checkbox"/> Purchase and have installed an emergency escape ladder for upper story windows, if needed.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work gloves</li> <li><input type="checkbox"/> Safety goggles</li> <li><input type="checkbox"/> Disposable dust masks</li> <li><input type="checkbox"/> Get an extra battery/charger for motorized mobility aids</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out about your workplace disaster plan.</li> </ul>

\*Purchase one per person in the household