# PREPAREDNESS CALENDAR - 24 WEEKS OF ACTIVITIES TO GET YOU PREPARED

This calendar is intended as a tool to help you take appropriate preparedness actions and create a 3-7 day disaster supply kit for your household before the next emergency happens. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each of the items you collect or the actions you take during the week. Supplies may be stored all together in a large plastic garbage can with wheels, putting the heavy items at the bottom. Remember to rotate your perishable supplies and change water every six months. Review this calendar every six months.

## WEEK 1
- **GROCERY Store**
  - 1 gallon water*
  - 1 large can juice*
  - 1 can meat*
  - 1 hand-operated can opener
  - Permanent marking pen

- **HARDWARE Store**
  - Heavy cotton or hemp rope
  - Duct tape
  - 2 flashlights with batteries
  - Matches in waterproof container for outside use ONLY with appropriate camp stove or BBQ

- **Additional**:
  - pet food, diapers, baby food.

- **Action Steps**:
  - Date perishable items with marker
  - Decide upon & notify out-of-area contact who can coordinate information for scattered family members.

## WEEK 2
- **GROCERY Store**
  - Heavy cotton or hemp rope
  - Duct tape
  - 2 flashlights with batteries
  - Matches in waterproof container for outside use ONLY with appropriate camp stove or BBQ

- **GROCERY Store**
  - 1 gallon water*
  - 1 can meat*
  - 1 can fruit*
  - Feminine hygiene supplies
  - Paper & pen
  - Local map
  - Pain reliever
  - Laxative

- **Additional**: 1 gallon water for each pet

- **Action Steps**:
  - Find out about what kinds of disasters can happen in your area.
  - Encourage neighbors to develop their own plans.

## WEEK 3
- **HARDWARE Store**
  - 6-way laser flashing safety light
  - Compass

- **GROCERY Store**
  - 1 large can juice*
  - 1 can fruit*
  - 1 can vegetables*
  - 1 can meat*
  - 2 rolls toilet paper*
  - Extra toothbrush
  - Travel-size tooth paste

- **Additional**:
  - Special foods for special dietary needs

- **Action Steps**:
  - Identify escape routes from house for all family members
  - Identify safe places to go in case of local disasters
  - Practice a drill for each of your plans

## WEEK 4
- **HARDWARE Store**
  - Medicines/prescriptions marked “for emergency use”, contact-lens supplies

- **GROCERY Store**
  - 1 gallon water*
  - 1 can fruit*
  - 1 can vegetables*
  - 1 can meat*
  - 1 can water*
  - Feminine hygiene supplies
  - Paper & pen
  - Local map
  - Pain reliever
  - Laxative

- **Additional**: 1 gallon water for each pet

- **Action Steps**:
  - Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency.

## WEEK 5
- **HARDWARE Store**
  - First Aid Kit which includes sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, sterile roller bandages, latex gloves

- **GROCERY Store**
  - First Aid Kit which includes sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, sterile roller bandages, latex gloves
  - Safety pins
  - Sunscreen

- **Action Steps**:
  - Identify storage area for your supplies such as closet along an inside wall, or watertight plastic garbage cans that can be stored outside. If using outside storage, ensure container is also animal proof.

## WEEK 6
- **GROCERY Store**
  - 1 can ready-to-eat soup (not concentrated)*
  - 1 can fruit*
  - 1 can vegetables*
  - 1 can meat*
  - Sewing kit
  - Disinfectant

- **FIRST AID SUPPLIES**
  - Scissors
  - Tweezers
  - Thermometer
  - Liquid hand soap
  - Disposable hand wipes
  - Petroleum jelly
  - 2 tongue blades

- **Additional**: Extra baby supplies (bottles, formula, diapers)

- **Action Steps**:
  - Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and tie the bag to your bed frame.

## WEEK 7
- **GROCERY Store**
  - 1 can ready-to-eat soup (not concentrated)*
  - 1 can fruit*
  - 1 can vegetables*
  - Sewing kit
  - Disinfectant

- **FIRST AID SUPPLIES**
  - Scissors
  - Tweezers
  - Thermometer
  - Liquid hand soap
  - Disposable hand wipes
  - Petroleum jelly
  - 2 tongue blades

- **Additional**: Put extra eyeglasses in First Aid Kit

## WEEK 8
- **GROCERY Store**
  - 1 can water*
  - 1 can meat*
  - 1 can fruit*
  - Feminine hygiene supplies
  - Paper & pen
  - Local map
  - Pain reliever
  - Laxative

- **Action Steps**:
  - Test smoke detector and replace batteries

## WEEK 9
- **HARDWARE Store**
  - Waterproof portable container for important papers
  - Battery powered or wind up radio
  - Wrench to turn off utilities

- **GROCERY Store**
  - 1 large can juice*
  - 1 large plastic food bags
  - 1 box high-energy snacks
  - 3 rolls paper towels

- **Additional**: Keep extra battery for cell phone or change for pay phone usage.

## WEEK 10
- **HARDWARE Store**
  - Medicines/prescriptions marked “for emergency use”, contact-lens supplies

- **GROCERY Store**
  - 1 large can juice*
  - 1 large plastic food bags
  - 1 box high-energy snacks
  - 3 rolls paper towels

- **Additional**: Keep extra battery for cell phone or change for pay phone usage.

## WEEK 11
- **GROCERY Store**
  - 1 large can juice*
  - 1 large plastic food bags
  - 1 box high-energy snacks
  - 3 rolls paper towels

- **Additional**: Keep extra battery for cell phone or change for pay phone usage.

## WEEK 12
- **GROCERY Store or PET CARE Store**
  - Litter and box
  - Extra water

- **GROCERY Store or PET CARE Store**
  - Litter and box
  - Extra water

- **Additional**: Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit. Keep emergency supply of any special pet medication needs.

- **Action Steps**:
  - Photocopy important papers and store safely.
**Week 13**

**Action Steps:**
- Add to emergency supplies a change of clothing and pair of shoes for each person in the family.
- Put together a selection of favorite and most used spices- salt, pepper, sugar-in small packets.
- Put aside utensils, cup, plate, and bowl for each person.
- Check to be sure all perishables have been dated.

**HARDWARE Store**
- Whistle
- Extra batteries for flashlights and radio
- Pry bar

**Action Steps:**
- Check with your children’s day care center or school about disaster plans and contacts

**Week 14**

**Action Steps:**
- Secure water heater, bookcases, computer and other heavy items that could fall in an earthquake

**HARDWARE Store**
- Pliers
- Screwdriver
- Hammer
- Strapping and fasteners for water heater, bookcases and computer

**Week 15**

**GROCERY Store**
- 1 can fruit*
- 1 can meat*
- 1 can vegetables*

**Action Steps:**
- Develop a disaster supply kit for your vehicles.
- Find out if you have a neighborhood safety group and become involved.

**Week 16**

**GROCERY Store**
- 1 can fruit*
- 1 can meat*
- 1 can vegetables*

**Action Steps:**
- Secure doors and moveable items

**HARDWARE Store**
- “Child-proof” latches or fasteners for cupboards
- Quakehold museum putty to secure moveable items on shelves

**Week 17**

**Action Steps:**
- Photograph or videotape the contents of your home and send to an out of town friend to store

**HARDWARE Store**
- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust mask*

**Week 18**

**Action Steps:**
- Begin rotating water and food stores, replacing those purchased in week one.
- Check that storage area is safe and dry.
- Continue rotation each month so that fresh stores are always on hand.

**Week 19**

**First Aid Supplies**
- Rubbing alcohol
- Antidiarrheal medication
- Antiseptic

**Action Steps:**
- Secure sleeping bag or blanket for each family member

**GROCERY Store**
- 1 can meat*
- 1 can vegetables*
- 1 box facial tissues
- Dried fruits/nuts

**Action Steps:**
- Assemble an activity box of cards, games, toys

**Week 20**

**HARDWARE Store**
- Plastic bucket with tight lid for toileting needs
- Plastic sheeting

**Additional:** Denture care supplies

**Action Steps:**
- Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area

**Week 21**

**GROCERY Store**
- 1 box quick energy snacks
- Comfort foods (candy bars, cookies, etc.)
- Plastic wrap
- Aluminum foil

**Action Steps:**
- Purchase and install emergency escape ladder for upper floors.

**Week 22**

**HARDWARE Store**
- 1 box graham crackers
- Assorted plastic containers with lids.
- Dry cereal

**Additional:** Special equipment such as hearing aid batteries

**Action Steps:**
- Arrange for someone to help your children if you are unavailable or at work

**Week 23**

**GROCERY Store**
- 1 box quick energy snacks
- Comfort foods (candy bars, cookies, etc.)
- Dried fruits/nuts
- Facial tissues
- Dried fruits/nuts

**Action Steps:**
- Assemble an activity box of cards, games, toys

**Week 24**

**HARDWARE Store**
- Plastic bucket with tight lid for toileting needs
- Plastic sheeting

**Additional:** Denture care supplies

**Action Steps:**
- Photograph or videotape the contents of your home and send to an out of town friend to store

---

**Note:** You should store 1-2 gallons of water per person for each day. This water is for consumption and sanitation. For this reason the calendar repeats the need to purchase water several times.

**Examples of Food Items:**
- Select based on your family’s preferences.
- Pick low-salt, water-packed varieties when possible.

<table>
<thead>
<tr>
<th>Canned Meat</th>
<th>Tuna, chicken, raviolis, chili, stew, Spam™, corned beef, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Green beans, corn, peas, beets, baked beans, carrots, etc.</td>
</tr>
<tr>
<td>Fruit</td>
<td>Pears, applesauce, mandarin oranges, pineapple, etc.</td>
</tr>
<tr>
<td>Energy Snacks</td>
<td>Peanut butter, granola bars, trail mix, protein bars, etc.</td>
</tr>
</tbody>
</table>