

WEEK 13

Hardware Store

- ☐ Whistle
- ☐ ABC fire extinguisher
- ☐ Pliers
- ☐ Vise grips

To Do

- ☐ Take a first aid/CPR class



WEEK 14

Grocery Store

- ☐ 1 can meat*
- ☐ 1 can fruit*
- ☐ 1 can vegetables*
- ☐ 1 package paper plates
- ☐ 1 package eating utensils
- ☐ 1 package paper cups
- ☐ Vitamins for adults and/or children

To Do

- ☐ Make a plan to check on a neighbor who might need help in an emergency

WEEK 15

Hardware Store

- ☐ Extra flashlight batteries
- ☐ Masking tape
- ☐ Hammer
- ☐ Assorted nails
- ☐ "L" brackets to secure tall furniture to wall studs
- ☐ Wood screws

To Do

- ☐ Brace shelves and cabinets

WEEK 16

Grocery Store

- ☐ 1 can meat*
- ☐ 1 can vegetables*
- ☐ 1 box large heavy-duty garbage bags
- ☐ Kleenex
- ☐ 1 box quick energy snacks

To Do

- ☐ Find out if you have a neighborhood safety organization and join it!

WEEK 17

Grocery Store

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

To Do

- ☐ Arrange for a friend or neighbor to help your children if you are at work

WEEK 18

Hardware Store

- ☐ "Child proof" latches or other fasteners for your cupboards
- ☐ Double-sided tape or Velcro-type fasteners to secure moveable objects

To Do

- ☐ Pack a "go-pack" in case you need to evacuate

WEEK 19

Grocery Store

- ☐ 1 box large heavy-duty garbage bags
- ☐ 1 box quick emergency snacks (such as granola bars or raisins)

To Do

- ☐ Have a tornado drill at home

WEEK 20

Hardware Store

- ☐ Camping or utility knife
- ☐ Extra radio batteries

Also: Purchase an emergency escape ladder for second story bedrooms, if needed.

To Do

- ☐ Find out about your workplace disaster plans

WEEK 21

Hardware Store

- ☐ Heavy work gloves
- ☐ 1 box disposable dust masks
- ☐ Screwdriver
- ☐ Plastic safety goggles

WEEK 22

Grocery Store

- ☐ Extra hand-operated can opener
- ☐ 3 rolls paper towels

WEEK 23

Hardware Store

- ☐ Battery powered camping lantern with extra battery or extra flashlights

WEEK 24

Grocery Store

- ☐ Large plastic food bags
- ☐ Plastic wrap
- ☐ Aluminum foil

For more preparedness information go to
www.sdhdidaho.org

FAMILY DISASTER SUPPLIES CALENDAR

A Checklist

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Your family can assemble an emergency kit in small steps over a six month period. Check off each week as you gather the items. 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

Grocery Store

- ☐ 1 gallon of water*
- ☐ 1 jar of 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.

To Do

- ☐ Make a family plan
- ☐ Date each perishable food item using marking pen

WEEK 2

Hardware Store

- ☐ Crescent wrench
- ☐ Heavy rope
- ☐ Duct tape

Also: A leash or carrier for your pet, if needed.

To Do

- ☐ Check your house for hazards
- ☐ Locate your gas meter and water shut/offs and attach a wrench near them

WEEK 3

Grocery Store

- ☐ 1 gallon of water* (remember 1 gallon of water for each pet)
- ☐ 1 can meat*
- ☐ 1 can fruit*
- ☐ Feminine hygiene products
- ☐ Video tape (see below)

Also: Pet food, diapers, and/or baby food, if needed.

To Do

- ☐ Use a video camera to tape the contents of your home for insurance purposes
- ☐ Store video tape with friend/family member who lives out of town

WEEK 4

Hardware Store

- ☐ Plumber's tape
- ☐ Crowbar
- ☐ Smoke detector with battery

Also: Extra medications or a prescription marked "emergency use," if needed.

To Do

- ☐ Install or test your smoke detector
- ☐ Tie water heater to wall studs using plumber's tape

WEEK 5

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 food for special diets, if needed.

To Do

- ☐ Have a fire drill at home

WEEK 6

First Aid Supplies

- ☐ Aspirin and/or acetaminophen
- ☐ Compresses
- ☐ Rolls of gauze or bandages (in assorted sizes)

Also: Extra hearing aid batteries, if needed.

To Do

- ☐ Check with your child's day care or school to find out about their disaster plans

WEEK 7

Grocery Store

- ☐ 1 gallon of water*
- ☐ 1 can ready to eat soup (not concentrate)*
- ☐ 1 can fruit*
- ☐ 1 can vegetables*

Also: Extra plastic baby bottles, formula and diapers, if needed.

To Do

- ☐ Establish an out-of-state contact to call in case of emergency

WEEK 8

First Aid Supplies

- ☐ Scissors
- ☐ Tweezers
- ☐ Antiseptic
- ☐ Thermometer
- ☐ Liquid hand soap
- ☐ Disposable hand wipes
- ☐ Sewing kit

Also: Extra eyeglasses, if needed.

To Do

- ☐ Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency

WEEK 9

Grocery Store

- ☐ 1 gallon of 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.

To Do

- ☐ Send some of your favorite family photos (or copies) to family members out-of-state.

WEEK 10

Hardware Store

- ☐ Waterproof portable plastic container (with lid) for important papers)
- ☐ Portable AM/FM radio (with batteries)

Also: Blankets or sleeping bag for each family member.

To Do

- ☐ 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

Also: Sunscreen, if needed.

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

WEEK 12

First Aid Supplies

- ☐ Anti-diarrhea medicine
- ☐ Rubbing alcohol
- ☐ 2 pair latex gloves
- ☐ Ipecac syrup and activated charcoal (for accidental poisoning)

Also: Items for denture care, if needed.

To Do

- ☐ Take a family trip to gas meter and water meter shut offs.

Items marked with an asterisk "" should be purchased for each member of the household.*

