

20 WEEKS TO PERSONAL PREPAREDNESS

PLANNING AHEAD FOR AN EMERGENCY WILL HELP YOU AND YOUR LOVED ONES STAY SAFE AND CONNECTED IF A DISASTER OCCURS. THIS WEEKLY EMERGENCY SUPPLIES CALENDAR IS INTENDED TO HELP YOU PREPARE FOR EMERGENCIES BEFORE THEY HAPPEN. YOU CAN FOLLOW THIS PLAN TO ASSEMBLE A DISASTER KIT OVER A FIVE-MONTH PERIOD. CHECK OFF ITEMS AS YOU GATHER THEM AND REMEMBER TO CHANGE AND REPLACE PERISHABLE SUPPLIES BY THE EXPIRATION DATE.

Week 1

Things to do:

- If you haven't already, make a Family Plan and a Pet Plan.
- If you have a current disaster kit, rotate out soon to expire items.

Items to Purchase:

- 1 gallon of water*
- 1 can of meat*
- 1 canned fruit*
- 1 can of vegetables*
- Portable AM/FM radio with batteries or hand crank

Week 2

Items to Purchase:

- Flashlight and batteries
- Heavy duty work gloves
- Plastic safety goggles
- Pliers
- Screwdriver
- Utility knife
- Vise grips

Week 3

Things to do:

- Purchase and install smoke detectors, if needed.

Items to Purchase:

- Extra batteries for flashlights, radios and smoke detectors
- Broom, mop and bucket
- 1 bottle of shampoo
- 1 box of latex gloves
- 1 package of sanitary wipes and/or liquid sanitizer
- 1 large tube of toothpaste

Week 4

Items to Purchase:

- 1 gallon of water*
- 1 can of meat*
- 1 canned fruit*
- 1 can of vegetables*
- 1 can of ready-to-eat soup*
- 1 package of disposable plates
- 1 package of disposable utensils

Week 5

Items to Purchase:

- 1 large can or bottle of juice
- 1 jar of jelly or jam
- 1 jar of peanut butter
- 1 box of dry cereal
- 1 box of crackers
- 1 canned fruit*
- 2 rolls of toilet paper

Week 6

Items to Purchase:

- 1 box of heavy duty garbage bags
- 1 box of large plastic zip-type food bags
- 1 package of disposable cups
- 1 package of disposable plates
- 1 package of disposable utensils
- 2 rolls of paper towels
- Aluminum foil

Week 7

Things to do:

- Establish an out-of-state contact.

Items to Purchase:

- 1 gallon of water*
- 1 box of protein bars*
- 1 canned fruit*
- 1 can of vegetables*
- 1 box of quick energy snacks

Week 8

Items to Purchase:

- Plastic tarp
- Duct tape
- Hammer
- Wood screws/Nails
- Shovel
- 1 box of heavy duty garbage bags

Week 9

Things to do:

- Check batteries in the smoke detectors.

Items to Purchase:

- 1 gallon of water*
- 1 can of meat*
- 1 canned fruit*
- 1 can of vegetables*
- Instant coffee/powdered drink
- Plastic wrap
- Aspirin, acetaminophen and/or ibuprofen

Week 10

Things to do:

- Locate your water meter and electrical shut off.

Items to Purchase:

- Hydrogen peroxide
- Rubbing alcohol
- Petroleum jelly
- Thermometer
- Tweezers
- Personal hygiene products

Week 11

Things to do:

- Take pictures or video the content of your home.

Items to Purchase:

- Fire extinguisher
- Weather radio
- Whistle
- Scissors

Week 12

Items to Purchase:

- Facial tissues
- 1 large box of plastic zip type food bags
- Unscented liquid bleach
- Matches (placed in a waterproof container)
- Diapers and baby food (if needed)
- Items for denture care (if needed)

Week 13

Things to do:

- Obtain cash and/or traveler's checks.

Items to Purchase:

- 1 gallon of water*
- 1 can of meat*
- 1 can of ready to eat soup and/or pastas*
- 1 box of dry cereal
- 1 box of crackers *

Week 14

Items to Purchase:

- Liquid hand soap
- Liquid dish soap
- Aluminum foil
- 1 package of disposable cups
- 2 rolls of paper towels
- 2 rolls of toilet paper

Week 15

Items to Purchase:

- Antacids
- Aspirin, acetaminophen and/or ibuprofen
- Anti-diarrhea medicine
- Antiseptic
- Gauze and bandages
- First aid tape
- Items for denture care (if needed)

Week 16

Items to Purchase:

- Assorted containers with lids
- Manual can opener
- Assorted safety pins
- Ice chest
- Spare glasses or contact supplies (if needed)
- Mosquito repellent

Week 17

Things to do:

- Make sure your pet's vaccinations are current and store records safely.

Items to Purchase:

- 1 gallon of water*
- 1 can of meat*
- 1 can of ready-to-eat soup and/or pasta*
- 1 canned fruit*
- 1 can of vegetables*
- 1 box of quick energy snacks

Week 18

Things to do:

- Trim trees, fix loose gutters, and fence boards.

Items to Purchase:

- Handsaw and/or chain saw and fuel
- Tarp for temporary roof repair
- Battery powered camping lantern and batteries
- Blankets/sleeping bags*
- Portable camp stove or grill and fuel

Week 19

Things to do:

- Photocopy important documents and store on cloud/thumb drive.

Items to Purchase:

- Waterproof plastic container with lid for important papers.
- Extra batteries for flashlights and radio.
- Deck of cards
- Game books and pens/pencils
- Extra hearing aid batteries (if needed)
- Two-week supply of pet food, treats, and water (if needed)

Week 20

Items to Purchase:

- 1 gallon of water*
- 1 can of meat*
- 1 can of ready-to-eat soup and/or pastas*
- 1 can of vegetables*
- 1 box of quick energy snacks
- 1 box of dry cereal
- Extra prescription medication

*** per person**

Note: Remember to change and replace perishable supplies by the expiration date. Shopping lists are just a guide. Please adjust to your family's needs. Suggested food purchases would provide food for three to five days.