

## DEVELOP AN EMERGENCY KIT

This emergency supplies calendar is intended to help you prepare for emergencies before they happen. Using the calendar, you can assemble an emergency supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies by the exipration date. Suggested food purchases would provide meals for approximately three to five days.

## week 1

## place in storage bin:

□ 1 gallon of water per person per day

weeks

To PREPAREDNESS

- Cellphone charger
- Battery-powered standard AM/FM radio and Batteries or weather radio
- □ Flashlight/batteries

□ Protein bars

- personalized item : (if applicable)
- □ Diapers and essential medications
- □ Car adapter for small electronics

<u>to do</u>:

- Develop/update family
  - Communications plan

## week 4

## place in storage bin:

□ 5-gallon bucket with lid

- Plastic tarp
- Work gloves
- Ready-to-eat meals

personalized item: (if applicable)

□ Special diet foods

## <u>to do:</u>

□ Arrange for emergency care for children, elders and/or pets.

## week 7

## place in storage bin :

□ Disposable eating utensils, Camp-style stove, fuel and matches in a waterproof container Disposable plates and heavy-duty garbage bags

- □ Canned soup (one can per person)
- Personalized item: (if applicable)
- □ Denture supplies

## <u>to do:</u>

□ Purchase and/or install emergency escape ladders, If necessary.

## week 2

## place in storage bin:

- □ 1 gallon of water per person per day
- □ First-aid kit, or gather Band-Aids, antibiotic Ointment, nitrile/latex gloves and gauze
- pads
- 1 package of toilet paper
- □ Dried fruit and/or nuts
- personalized item : (if applicable)
- □ Baby food
- <u>to do:</u>
- □ Find natural gas and water shut-offs. Place Appropriate wrench near valves.

## week 3

## place in storage bin:

1 gallon of water per person per day
 Cash, in small denominations
 Disposable wipes
 Crackers and peanut butter and jelly
 personalized item: (if applicable)
 Baby bottles and formula
 to do:
 Scan or make copies of birth certificates, licenses and passport. Store in plastic bag, on a thumb drive or send to an email account that is accessible from anywhere.

## week 6

## place in storage bin:

- Duct tape
- □ Toothbrush, toothpaste, floss and hairbrush For all family members
- Unscented liquid household bleach for
- Water purification
  - $\hfill\square$  Canned meat (one can for every two people)
- Personalized item: (if applicable)
- Contact lens solution
- <u>to do:</u>

□ Practice alternate methods for evacuation.

## week 9

 place in storage bin:

 Extra flashlight

 Whistle

 Paper towels

 Granola and/or snack bars

 Large, clear, empty plastic jar, such as mayonnaise, and a candle to fit inside

 Personalized item: (if applicable)

 Pet leash and crate

 Make copies of pet vaccination and/or prescription information

 to do:

 Install smoke and carbon monoxide alarms.

Test the alarms.

# Travel sized shampoo, body wash and deodorant Manual can opener Canned vegetable (one can for every two people) Mirror Personalized item: (if applicable) Hearing aid batteries to do: Scan or make copies of health care info, including vaccination records, prescription info and insurance. Store in plastic bag, on a thumb drive or send to an email account that is accessible from anywhere.

Disposable dust mask (one per person)

## week 8

## place in storage bin:

- $\hfill\square$  Extra batteries for flashlight and radio
- $\hfill\square$  Pan to use on camp-style stove
- Bleach
- Pain reliver-(aspirin, ibuprofen, acetaminophen)
- Canned fruit (one can for every two people)

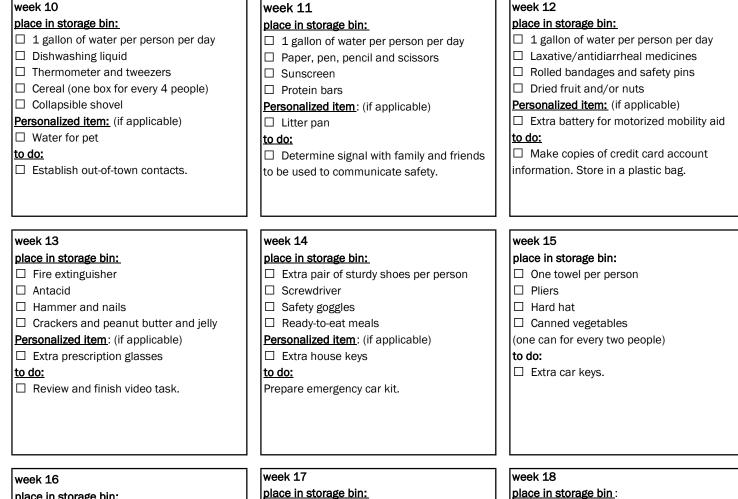
# Personalized item: (if applicable)

- <u>to do:</u>
- Send video contents of home to email or store a copy of the video in an alternate location.

# Appropriate wre

## week 5

place in storage bin:



## place in storage bin:

- □ Disinfectant
- □ Crowbar
- Utility knife
- □ Canned meat

(one can for every two people)

## Personalized item: (if applicable)

□ Toys

## week 19

- place in storage bin:
- □ Cash, in small denominations □ Sleeping bag and/or blanket for each person
- □ Map of local area
- □ Granola and/or snack bars
- Personalized item: (if applicable)
- □ Extra cane for visually impaired

## week 20

## place in storage bin:

- Sewing kit
- □ Signal flare and compass
- Liquid detergent and hand soap

Extra set of clothes per person

Personalized item: (if applicable)

Petroleum jelly

Canned soup

Family photo

(one can per person)

□ Kleenex

□ Cereal (one box for every 4 people)

## place in storage bin :

Rain gear

- □ Rubbing alcohol
- □ Adhesive tape

□ Canned fruit (one can for every two people)

## Personalized item: (if applicable)

□ Talking clock for visually impaired

## Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Out-of-town Contact Name:

Email:

Telephone #:

Telephone #: