**Week 1**

**Grocery Store Items**
- 1 gallon water***
- 1 jar peanut butter
- 1 large can juice*  
- 1 can meat*
- 1 hand-operated can opener

If needed:
- Diapers
- Baby food

**Action Items:**
- Find out about what kinds of disaster can happen in your area.
- Register your cell phone for local “SMART 911” alerts.

*per person
***per person and pet

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**Week 2**

**Hardware Store Items**
- Rope
- Duct tape
- Flashlights with batteries
- Waterproof matches
- Permanent marking pen

If needed:
- Pet food*
- Pet leash or carrier
- Extra set of pet ID badges

**Action Items:**
- Develop a family disaster plan including where to meet if separated, name and telephone number of an out-of-area contact, and type of information to give to contact during an emergency.

*per person
***per person and pet

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**Week 3**

**Grocery Store Items**
- 1 gallon water***
- 1 can meat*
- 1 can fruit*
- Paper and pen

If needed:
- Feminine hygiene products

**Action Items:**
- Select and notify an out-of-state contact who can coordinate information for scattered family members following a disaster.

*per person

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**Week 4**

**Hardware Store Items**
- Flashing safety light
- Compass

If needed:
- Medicines/prescriptions
- Contact lens supplies
- Extra pair of glasses

**Action Items:**
- Obtain extra batteries or power source for medical assistive devices (wheelchairs, breathing devices, hearing aids, etc.)
- Seek out and register for first aid, CPR, and other disaster related training.
- Date perishable times with marker

*per person
***per person and pet

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**Week 5**

**Grocery Store Items**
- 1 gallon water***
- 1 can fruit*
- 1 can vegetable*
- 1 can meat*

If needed:
- Specialty foods for special dietary needs

**Action Items:**
- Identify escape routes from house, work school, etc.
- Identify safe places to go in case of a local disaster.
- Exercise your family’s plan

*per person
***per person and pet

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**Week 6**

**First Aid Supplies**
- Bandage alcohol
- Antacid
- Antibiotic Ointment
- Burn Ointment

If needed:
- Baby supplies (e.g. bottles, formula, diapers)

**Action Items:**
- Secure sleeping bag or blanket for each family member.
- Take a photo of your family, including pets, and keep it in your disaster kit for identification.

*per person
***per person and pet

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**Week 7**

**Grocery Store Items**
- 1 can ready-to-eat soup (not concentrated)*
- 1 can fruit*
- 1 can vegetables*
- Sewing kit

If needed:
- Baby supplies (e.g. bottles, formula, diapers)

**Action Items:**
- Place a pair of sturdy shoes, flashlight, whistles and work gloves in a plastic grocery bag and keep near your bed

*per person

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**Week 8**

**First Aid Supplies**
- Scissors
- Tweezers
- Thermometer
- Liquid hand soap
- Disposable hand wipes
- Petroleum jelly

**Action Items:**
- Test smoke and carbon monoxide detector and replace batteries

*per person

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**Week 9**

**Hardware Store Items**
- White glue
- Extra batteries for flashlights and radio
- Pry bar
- Bagged rope and cord

**Action Items:**
- Check with your children’s day care center or school about disaster plans and contacts.
- Add a change of clothing and pair of shoes for each person in the family. If cold climate, add jacket/coat, gloves, etc. to emergency supplies.

*per person

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**Week 10**

**Grocery Store Items**
- 1 can ready-to-eat soup (not concentrated)*
- Small tool kit
- Battery powered or wind up radio

If needed:
- Keep extra battery for cell phone or change for pay phone use

**Action Items:**
- Determine the location of pay phones near your work, home, school.

*per person

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**Week 11**

**First Aid Supplies**
- Antibacterial soap
- Antidiarrheal medication
- Antiseptic
- Antibiotic Ointment
- Burn Ointment

If needed:
- Baby supplies (e.g. bottles, formula, diapers)

**Action Items:**
- Secure sleeping bag or blanket for each family member.
- Take a photo of your family, including pets, and keep it in your disaster kit for identification.

*per person
***per person and pet

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**Week 12**

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

If needed:
- Denture care supply

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

*per person
***per person and pet

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**First Aid Supplies**
- First Aid kit including adhesive bandages, tape, gauze pads, roller bandages, non-latex gloves
- Safety pins
- Sunscreen
- Insect repellent

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

*per person

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**Lewis & Clark Public Health**

Disaster Preparedness Calendar

This calendar is designed to help you prepare for future disasters by providing guidance for developing a disaster plan and three-day household disaster kit over a 24 week period and track your progress along the way.

For more helpful preparedness tips, visit:

www.ready.gov