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

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

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 pet
**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.
- Encourage neighbors to develop their own plan.

* per person
*** per person and pet

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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

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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
**Week 6**

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

**Action Items:**
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 or also animal proof.

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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
Disinfectant -

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

**Action Items:**
Place a pair of sturdy shoes, flashlight, whistle 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:**
Put aside cash or traveler’s checks and loose coins

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**Week 9**

**Grocery Store Items**
1 can ready-to-eat soup (not concentrated)*
Liquid dish soap
Household chlorine bleach with medicine dropper for water treatment
Water purifying tablets

**Action Items:**
Test smoke and carbon monoxide detector and replace batteries
*per person
**Week 10**

**Hardware Store Items**
- Waterproof portable container for important papers
- Small tool kit
- Battery powered or wind up radio
- Special tools to turn off utilities

**Action Items:**
- Make sure that everyone in the house knows where to find gas and water meter shut-off valves and how to turn them off
- Attach a wrench near each shutoff valve so it is there when needed

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**Week 11**

**Grocery Store Items**
- 1 large can juice*
- Large plastic food bags
- 1 box high-energy snacks
- 3 rolls of paper towels

**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, etc.
- *per person

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**Week 12**

**Grocery Store Items**
- Box of powdered milk

**If needed:**
- Litter and box
- Special pet medication

**Action Items:**
- Make copies of important documents and store safely. Consider sending a copy to your out of state contact.
- Scan important documents and store on a portable flash drive.

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**Week 13**

**Grocery Store Items**
- Pain reliever (adult and child)
- Laxative
- 2 rolls of toilet paper*
- Toothbrush*
- Tooth paste*

**Action Items:**
- 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 that all perishables have been dated
- *per person
Week 14

Hardware Store Items
Whistle
Extra batteries for flashlights and radio
Pry bar
Bungee cords and rope

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.

Week 15

Hardware Store Items
Pliers
Screwdriver
Hammer
Straps and fasteners for water heater, bookcases, etc.

Action Items:
Secure water heater, bookcases, and other heavy items that could fall in an earthquake.

Week 16

Grocery Store Items
1 can fruit*
1 can meat*
1 can vegetable*
1 box heavy duty garbage bags with ties

Action Items:
Develop a disaster supply kit for your vehicles
Find out if you have a neighborhood safety group and become involved
*per person

Week 17

Hardware Store Items
Child-Proof® latches or fasteners for cupboards
Material to secure moveable items on shelves
Local map

Action Items
Secure doors and moveable items.
Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit**
*per person
**per pet
Week 18

Grocery Store Items
1 box graham crackers
Assorted plastic containers with lids
Dry cereal

If needed:
Special equipment such as hearing aid batteries

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

Week 19

First Aid Supplies
Rubbing alcohol
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

Week 20

Grocery Store items
1 can meat*
1 can vegetables
1 box of facial tissues
1 box quick energy snacks
Dried fruits/nuts

If needed:
Pet food**

Action Items:
Assemble an activity box of cards, games, toys
*per person
**per pet
**Week 21**

**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

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**Week 22**

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

**Action Items:**
Purchase and install emergency escape ladder for upper floors

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**Week 23**

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

**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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**Week 24**

**Pet Store Items**
- Pet crate or kennel for travel

**Action Items:**
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