

# CREATE A FAMILY DISASTER SUPPLIES KIT

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## To Get Started

- Check your house for supplies that you already have on hand.
- Decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation).

## Meet With Your Family to Plan

- Discuss the type's disasters that could occur.
- Explain how to prepare; explain when and how to respond.
- Discuss what to do if you need to evacuate.
- Practice your plan.

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## \*SUGGESTED FOODS

Select based on your family's needs and preferences.  
Pick low-salt, water-packed varieties when possible

<b>Canned Meat</b>	tuna, chicken, raviolis, chili, beef stew, spam, corned beef, etc.
<b>Vegetables</b>	green beans, kernel corn, peas, beets, kidney beans, carrots, etc.
<b>Fruit</b>	pears, peaches, mandarin oranges, applesauce, etc.
<b>Cereal</b>	Cheerios, Chex, Kix, Shredded Wheat, etc.
<b>Quick energy snacks</b>	granola bars

# Your Disaster Supplies Calendar

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each week as you gather the contents. 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	Week 2	Week 3	Week 4
<b>Grocery Store</b> <ul style="list-style-type: none"> <li>• 1 gallon of water</li> <li>• 1 jar peanut butter</li> <li>• 1 large can juice*</li> <li>• 1 can meat</li> <li>• hand operated can opener</li> <li>• instant coffee, tea, powdered drinks</li> <li>• permanent marking pen to mark date on cans</li> </ul> <p>(remember 1 gallon of water for each pet)</p> <p>Also: pet food, diapers, and /or baby food if needed</p>	<b>Hardware Store</b> <ul style="list-style-type: none"> <li>• crescent wrench</li> <li>• heavy rope</li> <li>• duct tape</li> <li>• 2 flashlights with batteries</li> <li>• "bungee" cords</li> </ul> <p>Also: a leash or carrier for your pet if needed</p>	<b>Grocery Store</b> <ul style="list-style-type: none"> <li>• 1 gallon of water*</li> <li>• 1 can meat*</li> <li>• 1 can fruit*</li> <li>• sanitary napkins</li> <li>• video tape</li> </ul> <p>(remember 1 gallon of water for each pet)</p>	<b>Hardware Store</b> <ul style="list-style-type: none"> <li>• plumber's tape</li> <li>• crowbar</li> <li>• smoke detector with battery</li> </ul> <p>Also: extra medications or a prescription marked "emergency use" if needed</p>
<b>To Do</b> <ul style="list-style-type: none"> <li>• make a family plan</li> <li>• date each perishable food item using marking pen.</li> </ul>	<b>To Do</b> <ul style="list-style-type: none"> <li>• check your house for hazards</li> <li>• Locate your gas meter and water shutoffs and attach a wrench near them</li> </ul>	<b>To Do</b> <ul style="list-style-type: none"> <li>• Use a video camera to tape the contents of your home for insurance purposes.</li> <li>• Store video tape with friend/family member that lives out of town.</li> </ul>	<b>To Do</b> <ul style="list-style-type: none"> <li>• Install or test your smoke detector</li> <li>• Tie water heater to wall studs using plumbers tape.</li> </ul>

Week 5	Week 6	Week 7	Week 8
<b>Grocery Store</b>	<b>First Aid Supplies</b>	<b>Grocery Store</b>	<b>First Aid Supplies</b>
<ul style="list-style-type: none"> <li>• 1 gallon of water</li> <li>• 1 can meat</li> <li>• 1 can fruit</li> <li>• 1 can vegetables</li> <li>• 2 rolls toilet paper</li> <li>• extra toothbrush</li> <li>• travel size toothpaste</li> </ul> <p>Also: special foods for special diets if needed</p>	<ul style="list-style-type: none"> <li>• aspirin and/or acetaminophen</li> <li>• compresses</li> <li>• rolls of gauze or bandages</li> <li>• first aid tape</li> <li>• Adhesive bandages- assorted sizes</li> </ul> <p>Also: extra hearing aid batteries if needed</p>	<ul style="list-style-type: none"> <li>• 1 gallon of water*</li> <li>• 1 ready to eat soup (not concentrate)</li> <li>• 1 can fruit*</li> <li>• 1 can vegetables</li> </ul> <p>Also: extra plastic baby bottles, formula, and diapers if needed</p>	<ul style="list-style-type: none"> <li>• scissors</li> <li>• tweezers</li> <li>• antiseptic</li> <li>• thermometer</li> <li>• liquid hand soap</li> <li>• disposable hand wipes</li> <li>• sewing kit</li> </ul> <p>Also: extra eyeglasses if needed</p>
<b>To Do</b>	<b>To Do</b>	<b>To Do</b>	<b>To Do</b>

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| <ul style="list-style-type: none"> <li>• Have a fire drill at home</li> </ul> | <ul style="list-style-type: none"> <li>• Check with your child's day care or school to find out about their disaster plans.</li> </ul> | <ul style="list-style-type: none"> <li>• Establish an out of state contact to call in case of emergency</li> </ul> | <ul style="list-style-type: none"> <li>• Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency.</li> </ul> |
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Week 9	Week 10	Week 11	Week 12
<b>Grocery Store</b>	<b>Hardware Store</b>	<b>Grocery Store</b>	<b>First Aid Supplies</b>
<ul style="list-style-type: none"> <li>• 1 can ready to eat soup</li> <li>• liquid dish soap</li> <li>• <i>plain liquid bleach</i></li> <li>• 1 box heavy duty garbage bags</li> </ul> <p>Also: saline solution and a contact lens case, if needed</p>	<ul style="list-style-type: none"> <li>• waterproof portable plastic container (with lid) for important papers</li> <li>• portable am/fm radio</li> </ul> <p>Also: blankets or sleeping bag for each family member</p>	<ul style="list-style-type: none"> <li>• 1 large can juice*</li> <li>• 1 large plastic food bags*</li> <li>• 1 box quick energy snacks*</li> <li>• 3 rolls paper towels</li> </ul> <p>Also: sunscreen, if needed</p>	<ul style="list-style-type: none"> <li>• anti-diarrhea medicine</li> <li>• rubbing alcohol</li> <li>• 2 pr latex gloves</li> <li>• ipecac syrup and activated charcoal (for accidental poisoning)</li> <li>• children's vitamins</li> </ul> <p>Also: items for denture care if needed</p>
<b>To Do</b>	<b>To Do</b>	<b>To Do</b>	<b>To Do</b>

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| <ul style="list-style-type: none"> <li>• Send some of your favorite family photos (or copies) to family members out of state for safe keeping.</li> </ul> | <ul style="list-style-type: none"> <li>• Make photocopies of important papers and store safely.</li> </ul> | <ul style="list-style-type: none"> <li>• Store a roll of quarters for emergency phone calls.</li> <li>• Go on a hunt with your family to find a pay phone near home</li> </ul> | <ul style="list-style-type: none"> <li>• Take your family on a field trip to gas meter and water meter shutoffs.</li> </ul> |
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Week 13	Week 14	Week 15	Week 16
<b>Hardware Store</b>	<b>Grocery Store</b>	<b>Hardware Store</b>	<b>Grocery Store</b>
<ul style="list-style-type: none"> <li>• whistle</li> <li>• ABC fire extinguisher</li> <li>• pliers</li> <li>• vise grips</li> </ul>	<ul style="list-style-type: none"> <li>• 1 can fruit*</li> <li>• 1 can meat*</li> <li>• 1 can vegetables*</li> <li>• 1 package paper plates</li> <li>• 1 package eating utensils</li> <li>• 1 package paper cups</li> <li>• adult vitamins</li> </ul>	<ul style="list-style-type: none"> <li>• extra flashlight batteries</li> <li>• masking tape</li> <li>• hammer</li> <li>• assorted nails</li> <li>• "L" brackets to secure tall furniture to wall studs</li> <li>• wood screws</li> </ul>	<ul style="list-style-type: none"> <li>• 1 can meat*</li> <li>• 1 can vegetables*</li> <li>• 1 box large heavy duty garbage bags</li> <li>• kleenex</li> <li>• 1 box quick energy snacks (such as granola bars or raisins)</li> </ul>
<b>To Do</b>	<b>To Do</b>	<b>To Do</b>	<b>To Do</b>

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| <ul style="list-style-type: none"> <li>• Take a first aid/CPR class</li> </ul> | <ul style="list-style-type: none"> <li>• Make a plan to check on a neighbor who may need help in an emergency</li> </ul> | <ul style="list-style-type: none"> <li>• Brace shelves and cabinets</li> </ul> | <ul style="list-style-type: none"> <li>• Find out if you have a neighborhood safety organization and join it!</li> </ul> |
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Week 17	Week 18	Week 19	Week 20
<b>Grocery Store</b>	<b>Hardware Store</b>	<b>Grocery Store</b>	<b>Hardware Store</b>
<ul style="list-style-type: none"> <li>• 1 box of graham crackers</li> <li>• assorted plastic containers with lids</li> <li>• assorted safety pins</li> <li>• dry cereal</li> </ul>	<ul style="list-style-type: none"> <li>• "child proof" latches or other fasteners for your cupboards</li> <li>• double-sided tape or Velcro-type fasteners to secure moveable objects</li> </ul>	<ul style="list-style-type: none"> <li>• 1 box large heavy duty garbage bags</li> <li>• 1 box quick energy snacks (such as granola bars or raisins)</li> </ul>	<ul style="list-style-type: none"> <li>• camping or utility knife</li> <li>• extra radio batteries</li> </ul> <p>Also: purchase an emergency escape ladder for second story bedrooms if needed.</p>
<b>To Do</b>	<b>To Do</b>	<b>To Do</b>	<b>To Do</b>

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| <ul style="list-style-type: none"> <li>• Arrange for a friend or neighbor to help your children if you are at work.</li> </ul> | <ul style="list-style-type: none"> <li>• Pack a "go-pack" in case you need to evacuate</li> </ul> | <ul style="list-style-type: none"> <li>• Have an earthquake drill at home.</li> </ul> | <ul style="list-style-type: none"> <li>• Find out about your workplace disaster plans.</li> </ul> |
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Week 21	Week 22	Week 23	Week 24
<b>Hardware Store</b>	<b>Grocery Store</b>	<b>Hardware Store</b>	<b>Grocery Store</b>
<ul style="list-style-type: none"> <li>• heavy work gloves</li> <li>• 1 box disposable dust masks</li> <li>• screwdriver</li> <li>• plastic safety goggles</li> </ul>	<ul style="list-style-type: none"> <li>• extra hand operated can opener</li> <li>• 3 rolls paper towels</li> </ul>	<ul style="list-style-type: none"> <li>• battery powered camping lantern with extra battery or flashlights</li> </ul>	<ul style="list-style-type: none"> <li>• large plastic food bags</li> <li>• plastic wrap</li> </ul>