

# Emergency Supply Kit

## Three Month Calendar & Shopping List



### Prepare yourself and your family for emergencies in just 12 weeks.

- Store your supplies so they are easy to access. Don't forget to mark your food with the purchase date and make note of expiration dates.
- The simple but critical preparedness activities listed below will help you and your family stay safe and healthy.

#### WEEK 1

##### Grocery Store:

- 3 gallons of water per person
- 2 large jars of peanut butter
- 2 large cans of juice
- 4 cans protein (e.g. meat or beans)
- Hand operated can opener
- 1 permanent marker
- Diapers, baby food, bottles if applicable

##### Activities to complete:

- Make a family emergency plan
- Date each food item you purchase

#### WEEK 2

##### Hardware & Supplies:

- Hammer, screwdriver, wrench, & crowbar
- Rope, duct tape, plumber's tape, cords
- 2 crank or battery-powered flashlights

##### Activities to complete:

- Check house for hazards; secure loose & heavy objects (e.g. TV, shelves) or anything that may tip over during an earthquake.
- Locate gas & water shutoffs and your electrical panel. Make sure you know how to shut off all utilities, attach any necessary tools.

#### WEEK 3

##### Grocery Store:

- 3 gallons of water per person
- 3 large cans of vegetables
- 4 cans protein (e.g. meat or beans)
- Personal hygiene products

##### Activities to complete:

- Establish an out-of-state friend or family member to contact during an emergency
- Date each food item you purchased

#### WEEK 4

##### Grocery Store:

- 3 gallons of water per person
- 2 cans of fruit & 4 cans of vegetables
- 4 cans protein (e.g. meat or beans)
- 6 rolls of toilet paper
- Toothbrush, toothpaste, etc.
- Any special foods (diabetic, etc.)

##### Activities to complete:

- Film or photograph the contents of your home for insurance purposes. Send the film to a family member or friend out of town.

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- Remember to rotate your supplies!
- Be sure to buy food that you enjoy to make it easy to rotate your supplies and keep them fresh.
- Find occasions to swap out your emergency food supplies such as camping trips or food donations.

### WEEK 5

#### First Aid:

- Aspirin or acetaminophen
- Hot and cold compresses
- Bandages, gauze, & first aid tape
- Hand & dish soap, hand sanitizer, etc.

#### Activities to complete:

- Check with your child's school about their emergency & disaster plan.

### WEEK 6

#### Grocery Store:

- 3 gallons of water per person
- 6 cans of ready-to-eat soup
- 2 cans of fruit & 4 cans of vegetables

#### Activities to complete:

- Have a home fire drill.
- Take family pictures to put in emergency kit.

### WEEK 7

#### First Aid:

- Scissors, tweezers, sewing kit
- Thermometer
- Medical device batteries
- Additional supply of medicine (1-3 mths)

#### Activities to complete:

- Put shoes & a flashlight under your bed so they are on-hand during an emergency.

### WEEK 8

#### Hardware & Supplies:

- Water purification (e.g. tablets, filters)
- Heavy-duty garbage bags
- Waterproof container for vital documents
- Portable radio with batteries

#### Activities to complete:

- As applicable, store a spare set of glasses or contacts & saline solution; make a copy of any prescriptions

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### If you have kids:

- Children are particularly vulnerable during an emergency so make sure you have plenty of supplies to keep them comfortable.
- Your kit should include their favorite snacks and some games or other activities to help keep them calm and happy if an emergency occurs.

#### WEEK 9

##### Grocery Store:

- 2 large cans of juice
- 4 boxes energy bars/snacks
- Plastic food bags & aluminum foil
- 3 rolls paper towels, paper plates, cups, utensils

##### Activities to complete:

- Backup/copy important computer files, photographs, documents, etc. Send a copy to a family member or friend out-of-state.

#### WEEK 10

##### First Aid:

- Diarrhea medicine, allergy medications
- Vitamins
- Latex gloves
- Rubbing alcohol

##### Activities to complete:

- Speak to neighbors to find out who may need help during an emergency, such as the elderly or disabled. Discuss who can help your children if an emergency occurs when you are not home.
- Include extra clothes in your supply kit.

#### WEEK 11

##### Hardware & Supplies:

- Fire extinguisher
- Pliers and work gloves
- Extra batteries for flashlight & radio
- Extra nails & screws
- Emergency blankets, rain protection

##### Activities to complete:

- Find out about your workplace's emergency preparedness planning.
- Include cash in the kit as you are able.

#### WEEK 12

##### Grocery Store:

- Dry cereal & crackers
- Quick snacks (e.g. raisins, etc.)
- Assorted plastic containers with lids
- Instant coffee, tea, drinks, etc.

##### Activities to complete:

- Have an earthquake or severe weather drill at home

### If you have pets:

- Remember that pets will need food and water during an emergency too.
- Be sure to store a few gallons of water for your cat or dog.
- Also be sure to have a pet carrier or leash available in case you need to leave your home.