

**THE INDIVIDUAL/FAMILY 72 HOUR DISASTER SUPPLIES CALENDAR**

Week 1	Week 2	Week 3
<b>Grocery Store</b>	<b>Hardware Store</b>	<b>Grocery Store</b>
<input type="checkbox"/> 1 gal. Water* <input type="checkbox"/> 1 sm. jar peanut butter* <input type="checkbox"/> 1 lrg. can Juice* <input type="checkbox"/> 1 can meat <input type="checkbox"/> manual can opener <input type="checkbox"/> instant coffee, tea <input type="checkbox"/> permanent marking pen <input type="checkbox"/> 1 gal of water per pet	<input type="checkbox"/> Portable, battery-powered radio w/extra batteries <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Scissors <input type="checkbox"/> 2 flashlights w/batteries <input type="checkbox"/> "bungee" cords	<input type="checkbox"/> 1 gal. Water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 sm jar jelly <input type="checkbox"/> granola bars <input type="checkbox"/> toothpaste and brush <input type="checkbox"/> 1 gal of water per pet

**Also:** pet food, diapers and/or baby food if needed

Week 4	Week 5	Week 6
<b>Hardware Store</b>	<b>Grocery Store</b>	<b>First Aid Supplies</b>
<input type="checkbox"/> plumber's tape <input type="checkbox"/> crowbar <input type="checkbox"/> Smoke detector w/battery <input type="checkbox"/> matches in a waterproof container	<input type="checkbox"/> 1 gal water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 2 rolls of toilet paper* <input type="checkbox"/> disinfectant <input type="checkbox"/> household chlorine bleach	<input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Antiseptic <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing kit

**To Do:**  
 Make a family plan  
 Date each perishable food item using a permanent marker

Week 7	Week 8	Week 9
<b>Grocery Store</b>	<b>First Aid Supplies</b>	<b>Grocery Store</b>
<input type="checkbox"/> 1 gal. Water* <input type="checkbox"/> 1 can ready-to-eat soup* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables*	<input type="checkbox"/> Aspirin and/or acetaminophen <input type="checkbox"/> Cold pack <input type="checkbox"/> Rolls of gauze and bandages <input type="checkbox"/> First aid tape <input type="checkbox"/> Adhesive bandages assorted sizes	<input type="checkbox"/> 1 can ready-to-eat soup* <input type="checkbox"/> liquid dish soap <input type="checkbox"/> Heavy duty garbage bags <input type="checkbox"/> hand sanitizer

**Also:** extra plastic baby bottles, formula and diapers, if needed

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Week 10	Week 11	Week 12
<p style="text-align: center;"><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Watertight container w/lid for important documents</li> <li><input type="checkbox"/> NOAA Weather Radio</li> <li><input type="checkbox"/> Signal flare</li> <li><input type="checkbox"/> Matches in a waterproof container</li> <li><input type="checkbox"/> Whistle</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Establish an out-of-state contact to call in case of emergency</li> </ul>	<p style="text-align: center;"><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 lrg. Can juice*</li> <li><input type="checkbox"/> Resealable plastic bags</li> <li><input type="checkbox"/> 1 box quick energy snacks</li> <li><input type="checkbox"/> 3 rolls of paper towels</li> <li><input type="checkbox"/> Playing cards</li> <li><input type="checkbox"/> Aluminum foil</li> <li><input type="checkbox"/> Plastic wrap</li> </ul>	<p style="text-align: center;"><b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Anti-diarrhea medication</li> <li><input type="checkbox"/> Antacid (for stomach upset)</li> <li><input type="checkbox"/> Rubbing alcohol</li> <li><input type="checkbox"/> Pairs large, medical grade, non-latex gloves</li> <li><input type="checkbox"/> Syrup of Ipecac (to induce vomiting, if advised by Poison Control Center)</li> <li><input type="checkbox"/> Activated charcoal (use if advised by Poison Control)</li> </ul>
Week 13	Week 14	Week 15
<p style="text-align: center;"><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Shut-off wrench</li> <li><input type="checkbox"/> pliers</li> <li><input type="checkbox"/> small shovel</li> <li><input type="checkbox"/> ABC-type fire extinguisher</li> <li><input type="checkbox"/> Plastic sheeting</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take first aid/CPR class</li> </ul>	<p style="text-align: center;"><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Paper plates or mess kits</li> <li><input type="checkbox"/> Plastic utensils</li> <li><input type="checkbox"/> Paper cups</li> <li><input type="checkbox"/> Paper, pens, and pencils</li> </ul>	<p style="text-align: center;"><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra batteries</li> <li><input type="checkbox"/> Tube tent</li> <li><input type="checkbox"/> Small cooking stove</li> <li><input type="checkbox"/> Can of cooking fuel</li> <li><input type="checkbox"/> Masking tape</li> </ul>
Week 16	Week 17	Week 18
<p style="text-align: center;"><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Towelettes, soap, hand sanitizer</li> <li><input type="checkbox"/> Deodorant, sunscreen</li> <li><input type="checkbox"/> Quick energy snacks (raisins, granola bars, dried fruit, trail mix)</li> </ul>	<p style="text-align: center;"><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dry cereal</li> <li><input type="checkbox"/> Graham crackers</li> <li><input type="checkbox"/> Lip balm, insect repellent</li> <li><input type="checkbox"/> Cookies, hard candy</li> <li><input type="checkbox"/> Instant coffee</li> </ul>	<p style="text-align: center;"><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Compass</li> <li><input type="checkbox"/> Work gloves</li> <li><input type="checkbox"/> Extra set of house and car keys</li> <li><input type="checkbox"/> Medium-sized plastic bucket with lid</li> </ul>

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Week 19	Week 20	Week 21
<b>Grocery Store</b>	<b>Hardware Store</b>	<b>First Aid Supplies</b>
<input type="checkbox"/> 1 gal. Water* <input type="checkbox"/> Staples-sugar, salt, pepper <input type="checkbox"/> Quick energy snacks (raisins, granola bars, dried fruit, trail mix) <input type="checkbox"/> Shampoo <input type="checkbox"/> Comb and brush <input type="checkbox"/> 1 gal of water per pet	<input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Extra radio batteries <input type="checkbox"/> Needles and thread <input type="checkbox"/> Disposable dust masks  <i>Also:</i> purchase an emergency escape ladder for second story bedrooms, if needed.	<input type="checkbox"/> Prescriptions <input type="checkbox"/> Extra eyeglasses/contact lenses <input type="checkbox"/> Laxative <input type="checkbox"/> Antibacterial ointment <input type="checkbox"/> Cotton balls <input type="checkbox"/> 3" x 3" sterile gauze pads <input type="checkbox"/> Hypoallergenic adhesive tape

Week 22	Week 23	Week 24
<b>Grocery Store</b>	<b>Hardware Store</b>	<b>First Aid Supplies</b>
<input type="checkbox"/> 3 rolls paper towels <input type="checkbox"/> Contact lens solution <input type="checkbox"/> Razor, shaving cream <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Low-sodium crackers  <b>To Do:</b> <input type="checkbox"/> Find out about your workplace disaster plans	<input type="checkbox"/> Plastic storage containers <input type="checkbox"/> Medicine dropper <input type="checkbox"/> Battery-operated travel alarm clock <input type="checkbox"/> Battery powered camping lantern	<input type="checkbox"/> 5" x 9" sterile dressing <input type="checkbox"/> 4" x 4" sterile gauze pads <input type="checkbox"/> Roll 3" cohesive bandage <input type="checkbox"/> Vitamins <input type="checkbox"/> Germicidal hand wipes or waterless, alcohol-based hand sanitizer

Week 25	Week 26	Clothing and Bedding Supplies
<b>Grocery Store</b>	<b>First Aid Supplies</b>	
<input type="checkbox"/> Powdered milk <input type="checkbox"/> Comfort/stress foods-cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags <input type="checkbox"/> Special foods for infants or persons on special diets	<input type="checkbox"/> Safety pins, assorted sizes <input type="checkbox"/> Petroleum jelly or other lubricant <input type="checkbox"/> First aid manual <input type="checkbox"/> Tongue depressor blades <input type="checkbox"/> CPR breathing barrier, such as a face shield	<input type="checkbox"/> Complete change of clothes (at least one per person) <input type="checkbox"/> Sturdy shoes or boots <input type="checkbox"/> Rain gear <input type="checkbox"/> Hat and gloves <input type="checkbox"/> Extra socks <input type="checkbox"/> Extra underwear <input type="checkbox"/> Thermal underwear <input type="checkbox"/> Sunglasses <input type="checkbox"/> Blanket/sleeping bags and pillows

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Documents and Keys	To Get Started:	Complete these steps
<p><b><i>Make sure you keep these items in a watertight container</i></b></p> <p><input type="checkbox"/> Personal identification</p> <p><input type="checkbox"/> Cash and coins or traveler's checks</p> <p><input type="checkbox"/> Credit cards</p> <p><input type="checkbox"/> Extra set of house and car keys</p> <p><b><i>Copies of the following:</i></b></p> <p><input type="checkbox"/> Birth certificate</p> <p><input type="checkbox"/> Marriage certificate</p> <p><input type="checkbox"/> Driver's license</p> <p><input type="checkbox"/> Social Security cards</p> <p><input type="checkbox"/> Passports</p> <p><input type="checkbox"/> Wills</p> <p><input type="checkbox"/> Deeds</p> <p><input type="checkbox"/> Inventory of household goods</p> <p><input type="checkbox"/> Insurance papers</p> <p><input type="checkbox"/> Immunization records</p> <p><input type="checkbox"/> Bank and credit card account numbers</p> <p><input type="checkbox"/> Stocks and bonds</p> <p>Emergency contact list and phone numbers</p> <p>Map of the area and phone numbers of places you could go</p>	<ul style="list-style-type: none"> <li>• Check your house for supplies that you already have on hand</li> <li>• Decide where you will store supplies</li> <li>• Discuss the types of disaster that could occur</li> <li>• Meet with your family to plan</li> <li>• Explain how to prepare</li> <li>• Explain when and how to respond</li> <li>• Discuss what to do if you need to evacuate</li> <li>• Practice your plan</li> </ul> <div style="background-color: #cccccc; text-align: center; padding: 5px;"><b>Plan how to contact your family if separated by disaster</b></div> <ul style="list-style-type: none"> <li>• Pick two meeting places:                             <ol style="list-style-type: none"> <li>1. a location a safe distance from your home in case of fire</li> <li>2. a place outside your neighborhood in case you can't return home.</li> </ol> </li> <li>• Choose an out-of-state friend as a "check-in-contact" for everyone to call</li> </ul>	<ul style="list-style-type: none"> <li>• Post emergency telephone numbers by every phone</li> <li>• Show responsible family members how and when to shut-off water gas and electricity at main switches</li> <li>• Install a smoke detector on each level of your home, especially near bedrooms; test monthly and change the batteries two times each year</li> <li>• Contact your local fire department to learn about home fire hazards</li> <li>• Learn first aid and CPR. Contact your local American Red Cross chapter for information and training</li> </ul> <div style="background-color: #cccccc; text-align: center; padding: 5px;"><b>Meet with your neighbors</b></div> <p>Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents can't get home.</p>

The Individual/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. Store your kit in a convenient place known to all family members in one or two large plastic containers with lids or on shelves in a location separate from other food, first aid, and equipment and tools storage. If not stored in containers, be sure you have containers available if you need to evacuate. Keep items in air tight plastic bags. Ask your physician or pharmacist about storing prescription medications. Re-think your kit and family needs at least once a year. Remember to rotate your perishable supplies, change water and practice your plan every six months.