

<p>Week 1: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water * <input type="checkbox"/> 1 jar of peanut butter <input type="checkbox"/> 1 large juice <input type="checkbox"/> 1 can meat * <input type="checkbox"/> 2 Manual can openers <input type="checkbox"/> Permanent Marking pen (Sharpie), pens/paper <input type="checkbox"/> Pet food, diapers, and baby food/formula as needed. <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify the types of disasters in your area. <input type="checkbox"/> Make a family emergency plan. <input type="checkbox"/> Date each perishable item. 	<h2 style="text-align: center;">Disaster Supplies Calendar</h2> <p>The Disaster Supplies Calendar is intended to help you and your family prepare for disasters or emergencies before they happen.</p> <p>Using the calendar, you can assemble a disaster supply kit in small steps over a five month period. Check off items each week as you add them to your kit and keep this list in your supply kit. Remember to rotate your food and water according to the expiration dates.</p> <p>*Purchase one for each member of your household.</p> <p><i>Bold typed items may not be needed by everyone. Determine the specific needs for you and your family.</i></p>	
<p>Week 2: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water * <input type="checkbox"/> 1 can of fruit * <input type="checkbox"/> 1 can meat * <input type="checkbox"/> 1package of quick energy snacks such as granola bars or trail mix <input type="checkbox"/> Sunscreen <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Heavy rope-cotton or hemp <input type="checkbox"/> Tarp <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 Flashlights with batteries <input type="checkbox"/> Matches/Lighters in a waterproof container <input type="checkbox"/> Leash or pet carrier for your pet. <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Complete a personal needs assessment. Include 2 means of communication such as email, phone, two-way radio, text, etc. <input type="checkbox"/> Designate an out of town emergency contact. 	<p>Week 4: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Portable battery powered radio with NOAA function. <input type="checkbox"/> Plastic safety goggles <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Compass <input type="checkbox"/> Whistle <input type="checkbox"/> Duct tape <input type="checkbox"/> Extra medications or prescriptions marked “emergency use” <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Create a personal support network that can help you identify the resources you will need to cope with an emergency/disaster. <input type="checkbox"/> Pick two places for your family to meet in an emergency. <input type="checkbox"/> Pack a “go bag” in case you need to evacuate. <input type="checkbox"/> Contact your local emergency management agency to determine if transportation services are available in an emergency for evacuation. 	<p>Week 6: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water * <input type="checkbox"/> 1 can of fruit * <input type="checkbox"/> 1 can meat * <input type="checkbox"/> 1 large juice <input type="checkbox"/> 1 can of vegetables * <input type="checkbox"/> 1package of quick energy snacks such as granola bars or trail mix <input type="checkbox"/> Sterile gauze bandages in various sizes <input type="checkbox"/> Adhesive tape <input type="checkbox"/> Safety pins <input type="checkbox"/> Latex gloves <input type="checkbox"/> Extra glasses/contact lens and cleaner/ solution. <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Contact your children’s daycare or school to discuss their disaster plans. <input type="checkbox"/> Determine what the disaster plans are in you workplace. <input type="checkbox"/> Use a video camera or photographs to record the contents of your home for insurance purposes. Store the record in a safe deposit box or fireproof box or safe.
<p>Week 3: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water * (include water for pets) <input type="checkbox"/> 1 can of fruit * <input type="checkbox"/> 1 can meat * <input type="checkbox"/> Milk: Single serving cartons-no refrigeration needed. <input type="checkbox"/> Baby food; if needed <input type="checkbox"/> Aspirin/Acetaminophen <input type="checkbox"/> Antacid <input type="checkbox"/> Heavy rope-cotton or hemp <input type="checkbox"/> Duct tape <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Prepare a list of important phone numbers: out-of state contact, doctors, veterinarians, insurance company, etc., and place in your emergency kit or wallet for easy access. <input type="checkbox"/> Teach children how and when to dial 9-1-1. 	<p>Week 5: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water * <input type="checkbox"/> 1 can of fruit * <input type="checkbox"/> 1 can meat * <input type="checkbox"/> 1 can of vegetables * <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> Extra toothbrush/toothpaste * <input type="checkbox"/> Special food for special diets <input type="checkbox"/> Battery powered/solar cell phone charger <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify the best escape routes from your home. Identify at least two ways out of each room. <input type="checkbox"/> Locate areas in your home that your family can “shelter in place.” <input type="checkbox"/> Conduct a timed drill to ensure evacuation in a timely manner. 	<p>Week 7: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water * <input type="checkbox"/> 1 can of fruit * <input type="checkbox"/> 1 can of ready to eat soup * <input type="checkbox"/> 1 can of vegetables * <input type="checkbox"/> Sewing kit <input type="checkbox"/> Disinfectant <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make photocopies of important papers such as birth/death records, insurance papers, marriage certificates, etc. Store the photocopies in a safe deposit box or fireproof box or safe. <input type="checkbox"/> Update animal vaccination records and add photocopies to important papers.

<p>Week 8: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Thermometer <input type="checkbox"/> Antibacterial hand soap <input type="checkbox"/> Antibacterial hand wipes <input type="checkbox"/> Vaseline <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Syrup of Ipecac and activated charcoal (to use under the direction of Poison Control) <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a flashlight next to your bed for an emergency. 	<h2 style="text-align: center;">Disaster Supplies Calendar</h2> <p>The Disaster Supplies Calendar is intended to help you and your family prepare for disasters before they happen.</p> <p>Using the calendar, you can assemble a disaster supply kit in small steps over a five month period. Check off items each week as you add them to your kit and keep this list in your supply kit. Remember to rotate your food and water according to the expiration dates.</p> <p>*Purchase one for each member of your household.</p> <p>Bold typed items may not be needed by everyone. Determine the specific needs of you and your family.</p>	
<p>Week 9: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Chlorine bleach (non-scented) <input type="checkbox"/> Heavy duty trash bags <input type="checkbox"/> Ziploc bags-gallon and quart size <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Conduct a surprise fire drill with family members. <input type="checkbox"/> Arrange for a friend or neighbor to help your family members if you are at work when an emergency/disaster strikes. 	<p>Week 13: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 rolls of paper towels <input type="checkbox"/> Double sided tape or Velcro <input type="checkbox"/> Masking tape <input type="checkbox"/> Plumber's tape <input type="checkbox"/> Cooler <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take First Aid and CPR classes. Ensure responsible family members know life saving techniques. 	<p>Week 17: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water * <input type="checkbox"/> 1 can of fruit * <input type="checkbox"/> 1 can meat * <input type="checkbox"/> 1 large juice <input type="checkbox"/> 1 jar of peanut butter <input type="checkbox"/> 1 jar of jelly <input type="checkbox"/> 1 box of crackers * <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Obtain a gas grill, camp stove or other means to cook if you are without electricity for an extended period.
<p>Week 10: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water * <input type="checkbox"/> 1 can of fruit * <input type="checkbox"/> 1 can of ready to eat soup * <input type="checkbox"/> 1 large juice <input type="checkbox"/> 1 can of vegetables * <input type="checkbox"/> 1 jar of peanut butter <input type="checkbox"/> Thermometer <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check your home for hazards, such as items that might fall/break, fire hazards, etc. <input type="checkbox"/> Identify the hazards that you will reduce first. Secure items such as fish tanks, bird cages, etc. 	<p>Week 14: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water * <input type="checkbox"/> 1 can of fruit * <input type="checkbox"/> 1 can meat * <input type="checkbox"/> 1 large juice <input type="checkbox"/> 1 can of vegetables * <input type="checkbox"/> 1 jar of peanut butter <input type="checkbox"/> 1 box of crackers <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pack an extra set of clothing for each family member. <input type="checkbox"/> Pack a jacket for each family member. <input type="checkbox"/> Pack a sleeping bag/blankets and pillows for each family member. 	<p>Week 18: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 box of disposable dust masks <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> Evacuation maps (can be found on DOT web sites) <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Contact utility companies for direction about utility shut-off procedures. Discuss when it is appropriate to turn off the utilities. <input type="checkbox"/> Make a plan to check on a neighbor who might need help during an emergency. <input type="checkbox"/> Purchase and install an emergency escape ladder for upper story windows if needed.
<p>Week 11: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can of ready to eat soup * <input type="checkbox"/> 1 large juice <input type="checkbox"/> 1 can of vegetables * <input type="checkbox"/> Hammer, screwdrivers, etc. <input type="checkbox"/> Assorted nails/screws, etc. <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Choose a signal, such as a text, etc. to let your personal support network know that you are okay. 	<p>Week 15: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 packages of paper plates. <input type="checkbox"/> 2 packages of disposable utensils. <input type="checkbox"/> 2 packages of disposable cups. <input type="checkbox"/> 1 box of facial tissues <input type="checkbox"/> Towels and washcloths * <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop a pet care plan in case you are not able to return home during a disaster or emergency to care for your pets. 	<p>Week 19: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Instant coffee/tea/cocoa. <input type="checkbox"/> 1 can of ready to eat soup * <input type="checkbox"/> 1 large juice <input type="checkbox"/> 1 can of vegetables * <input type="checkbox"/> 1 jar of peanut butter <input type="checkbox"/> 1 jar of jelly <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Obtain ID collar or microchip your pet in case you get separated in a disaster or emergency.
<p>Week 12: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 box of graham crackers or similar <input type="checkbox"/> 1 package of quick energy snacks such as granola bars or trail mix <input type="checkbox"/> Dry cereal * <input type="checkbox"/> Vitamins for adults and children <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Test your smoke, fire, and/or carbon monoxide detectors. Replace batteries. 	<p>Week 16: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Assorted dried fruits and nuts. <input type="checkbox"/> 1 box of snack bars <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil <input type="checkbox"/> Container with tight fitting lid <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out if your neighborhood has a safety organization (CERT or similar) and attend a meeting to learn more. 	<p>Week 20: Supply Kit Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can of ready to eat soup * <input type="checkbox"/> 1 can meat * <input type="checkbox"/> 1 large juice <input type="checkbox"/> 1 can of vegetables * <input type="checkbox"/> 1 jar of peanut butter <input type="checkbox"/> 1 box of crackers * <p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review your insurance coverage with your insurance agent to be sure you are covered for the disasters that may occur in your area.