

Week 1	Week 2	Week 3	Week 4
<p><b>Grocery Store</b></p> <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 (remember 1 gallon of water for each pet)</li> </ul> <p>Also: pet food, diapers, and /or baby food if needed</p>	<p><b>Hardware Store</b></p> <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>	<p><b>Grocery Store</b></p> <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>	<p><b>Hardware Store</b></p> <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>	<b>To Do</b>	<b>To Do</b>	<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>	<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>	<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>	<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
<p><b>Grocery Store</b></p> <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>	<p><b>First Aid Supplies</b></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>	<p><b>Grocery Store</b></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>	<p><b>First Aid Supplies</b></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>
<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>
Week 9	Week 10	Week 11	Week 12
<p><b>Grocery Store</b></p> <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>	<p><b>Hardware Store</b></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>	<p><b>Grocery Store</b></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>	<p><b>First Aid Supplies</b></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>
<ul style="list-style-type: none"> <li>Send some of your favorite family photos (or copies) to</li> </ul>	<ul style="list-style-type: none"> <li>Make photocopies of important papers and store</li> </ul>	<ul style="list-style-type: none"> <li>Store a roll of quarters for emergency phone calls.</li> </ul>	<ul style="list-style-type: none"> <li>Take your family on a field trip to gas meter and water</li> </ul>

family members out of state for safe keeping. safely.

- Go on a hunt with your family to find a pay phone near home.

meter shutoffs.

**Week 13**

**Hardware Store**

- whistle
- ABC fire extinguisher
- pliers
- vise grips

**Week 14**

**Grocery Store**

- 1 can fruit\*
- 1 can meat\*
- 1 can vegetables\*
- 1 package paper plates
- 1 package eating utensils
- 1 package paper cups
- adult vitamins

**Week 15**

**Hardware Store**

- extra flashlight batteries
- masking tape
- hammer
- assorted nails
- "L" brackets to secure tall furniture to wall studs
- wood screws

**Week 16**

**Grocery Store**

- 1 can meat\*
- 1 can vegetables\*
- 1 box large heavy duty garbage bags
- kleenex
- 1 box quick energy snacks (such as granola bars or raisins)

**To Do**

- Take a first aid/CPR class

**To Do**

- Make a plan to check on a neighbor who may need help in an emergency

**To Do**

- Brace shelves and cabinets

**To Do**

- Find out if you have a neighborhood safety organization and join it!

**Week 17**

**Grocery Store**

- 1 box of graham crackers
- assorted plastic containers with lids
- assorted safety pins
- dry cereal

**Week 18**

**Hardware Store**

- "child proof" latches or other fasteners for your cupboards
- double-sided tape or Velcro-type fasteners to secure moveable objects

**Week 19**

**Grocery Store**

- 1 box large heavy duty garbage bags
- 1 box quick energy snacks (such as granola bars or raisins)

**Week 20**

**Hardware Store**

- camping or utility knife
  - extra radio batteries
- Also: purchase an emergency escape ladder for second story bedrooms if needed.

**To Do**

- Arrange for a friend or neighbor to help your children if you are at work.

**To Do**

- Pack a "go-pack" in case you need to evacuate

**To Do**

- Have an earthquake drill at home.

**To Do**

- Find out about your workplace disaster plans.

**Week 21**

**Hardware Store**

- heavy work gloves
- 1 box disposable dust masks
- screwdriver
- plastic safety goggles

**Week 22**

**Grocery Store**

- extra hand operated can opener
- 3 rolls paper towels

**Week 23**

**Hardware Store**

- battery powered camping lantern with extra battery or flashlights

**Week 24**

**Grocery Store**

- large plastic food bags
- plastic wrap