

# Your Family 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
<p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 jar peanut butter*</li> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> hand-operated can opener</li> <li><input type="checkbox"/> instant coffee, tea, powered soft drinks</li> <li><input type="checkbox"/> 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>	<p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> crescent wrench</li> <li><input type="checkbox"/> heavy rope</li> <li><input type="checkbox"/> duct tape</li> <li><input type="checkbox"/> 2 flashlights</li> <li><input type="checkbox"/> "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><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> sanitary napkins</li> <li><input type="checkbox"/> video tape</li> </ul> <p>(remember 1 gallon of water for each pet)</p> <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><input type="checkbox"/> plumber's tape</li> <li><input type="checkbox"/> crowbar</li> <li><input type="checkbox"/> smoke detector with battery</li> </ul> <p>Also: extra medications or a prescription marked "emergency use," if</p>
<p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a family plan.</li> <li><input type="checkbox"/> Date each perishable food item using marking pen.</li> </ul>	<p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check your house for hazards.</li> <li><input type="checkbox"/> Locate your gas shutoffs and attach a wrench near them.</li> </ul>	<p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use a video camera to tape the contents of your home.</li> <li><input type="checkbox"/> Store video tape with friend/family member who live out of town.</li> </ul>	<p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Install or test your smoke detector.</li> <li><input type="checkbox"/> Tie water heater to wall studs using plumber's tape.</li> </ul>

*Items marked with an asterick "\*" should be purchased for each member of the household.*

Week 5	Week 6	Week 7	Week 8
<b>Grocery Store</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 2 rolls toilet paper*</li> <li><input type="checkbox"/> extra toothbrush</li> <li><input type="checkbox"/> travel size toothpaste</li> </ul> <p>Also: special food for special diets, if needed.</p>	<b>First Aid Supplies</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> aspirin and/or acetaminophen</li> <li><input type="checkbox"/> compresses</li> <li><input type="checkbox"/> rolls of gauze or bandages</li> <li><input type="checkbox"/> first aid tape</li> <li><input type="checkbox"/> adhesive bandages (in assorted sizes)</li> </ul> <p>Also: extra hearing aid batteries, if needed.</p>	<b>Grocery Store</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 can ready-to-eat soup* (not concentrate)</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables*</li> </ul> <p>Also: extra plastic baby bottles, formula and diapers, if needed.</p>	<b>First Aid Supplies</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> scissors</li> <li><input type="checkbox"/> tweezers</li> <li><input type="checkbox"/> antiseptic</li> <li><input type="checkbox"/> thermometer</li> <li><input type="checkbox"/> liquid hand soap</li> <li><input type="checkbox"/> disposable hand wipes</li> <li><input type="checkbox"/> 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>
<input type="checkbox"/> Have fire drill at home.	<input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans.	<input type="checkbox"/> Establish an out-of-state contact to call in case of emergency.	<input type="checkbox"/> Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency.

Week 9	Week 10	Week 11	Week 12
<b>Grocery Store</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready-to-eat soup*</li> <li><input type="checkbox"/> liquid dish soap</li> <li><input type="checkbox"/> plain liquid bleach</li> <li><input type="checkbox"/> 1 box heavy-duty garbage bags</li> </ul> <p>Also: saline solution and a contact lens case, if needed.</p>	<b>Hardware Store</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> waterproof portable plastic container (with lid)</li> <li><input type="checkbox"/> portable am/fm radio (with batteries)</li> </ul> <p>Also: blankets or sleeping bag for each family member.</p>	<b>Grocery Store</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> large plastic food bags</li> <li><input type="checkbox"/> 1 box quick energy snacks</li> <li><input type="checkbox"/> 3 rolls paper towels</li> </ul> <p>Also: sunscreen, if needed.</p>	<b>First Aid Supplies</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> anti-diarrhea medicine</li> <li><input type="checkbox"/> rubbing alcohol</li> <li><input type="checkbox"/> 2 pr. latex gloves</li> <li><input type="checkbox"/> ipecac syrup and activated charcoal (for accidental poisoning)</li> <li><input type="checkbox"/> 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>
<input type="checkbox"/> Send some of your favorite family photos (or copies) to family members out of state for safekeeping.	<input type="checkbox"/> Make photocopies of important papers and store safely.	<input type="checkbox"/> Store a roll of quarters for emergency phone calls. <input type="checkbox"/> Go on a hunt with your family to find a pay phone near home.	<input type="checkbox"/> Take your family on a field trip to gas meter and water meter shutoffs.

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Week 13	Week 14	Week 15	Week 16
<b>Hardware Store</b> <input type="checkbox"/> whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> pliers <input type="checkbox"/> vise grips  <b>To Do</b>	<b>Grocery Store</b> <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 package paper plates <input type="checkbox"/> 1 package eating utensils <input type="checkbox"/> 1 package paper cups <input type="checkbox"/> adult vitamins  <b>To Do</b>	<b>Hardware Store</b> <input type="checkbox"/> extra <input type="checkbox"/> flashlight batteries <input type="checkbox"/> masking tape <input type="checkbox"/> hammer <input type="checkbox"/> assorted nails <input type="checkbox"/> "L" brackets to secure tall furniture to wall studs <input type="checkbox"/> wood screws  <b>To Do</b>	<b>Grocery Store</b> <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 box large heavy-duty garbage bags <input type="checkbox"/> kleenex <input type="checkbox"/> 1 box quick energy snacks (such as granola bars or raisins)  <b>To Do</b>
<input type="checkbox"/> Take a first aid/CPR class.	<input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency.	<input type="checkbox"/> Brace shelves and cabinets.	<input type="checkbox"/> Find out if you have a neighborhood safety organization and join it!
Week 17	Week 18	Week 19	Week 20
<b>Grocery Store</b> <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> assorted plastic containers with lids <input type="checkbox"/> assorted safety pins <input type="checkbox"/> dry cereal ladder  <b>To Do</b>	<b>Hardware Store</b> <input type="checkbox"/> "child proof" latches or other fasteners for your cupboards. <input type="checkbox"/> double-sided tape or Velcro-type fasteners to secure moveable objects.  <b>To Do</b>	<b>Grocery Store</b> <input type="checkbox"/> 1 box large, heavy-duty garbage bags <input type="checkbox"/> 1 box quick energy snacks (such as granola bars or raisins)  <b>To Do</b>	<b>Hardware Store</b> <input type="checkbox"/> camping or utility knife <input type="checkbox"/> extra radio batteries  Also: purchase an emergency escape for second story bedrooms, if needed.  <b>To Do</b>
<input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work.	<input type="checkbox"/> Pack a "go-pack" in case you need to evacuate.	<input type="checkbox"/> Have an earthquake drill at home.	<input type="checkbox"/> Find out about your workplace disaster plans.
Week 21	Week 22	Week 23	Week 24
<b>Hardware Store</b> <input type="checkbox"/> heavy work gloves <input type="checkbox"/> 1 box disposable dust masks <input type="checkbox"/> screwdriver <input type="checkbox"/> plastic safety goggles	<b>Grocery Store</b> <input type="checkbox"/> extra hand-operated can opener <input type="checkbox"/> 3 rolls paper towels	<b>Hardware Store</b> <input type="checkbox"/> Battery powered camping lantern with extra battery or extra flashlights.	<b>Grocery Store</b> <input type="checkbox"/> large plastic food bags <input type="checkbox"/> plastic wrap <input type="checkbox"/> aluminum foil

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# Create A Family Disaster Supplies Kit

## 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 types of 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.

## Suggested Foods

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

Canned Meat	tuna, chicken, ravioli, chili, beef stew, spam, corned beef, etc.
Vegetables	green beans, kernel corn, peas, beets, kidney beans, carrots, etc.
Fruit	pears, peaches, mandarin oranges, applesauce, etc.
Cereal	Cheerios, Chex, Kix, Shredded Wheat, etc.
Quick Energy Snacks	granola bars, raisins, etc.

*Remember to rotate your supplies every six months!*

**In case of evacuation, your "Go-Pack" should:**

- be in a back pack or other similar container that is easily carried.
- contain your most important items such as change of clothes, quarters for pay phones, out-of-state contact info, medications, important papers, etc.

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