

# 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

### Grocery Store

- 1 gallon of water\*
- 1 jar peanut butter\*
- 1 large can juice\*
- 1 can meat\*
- hand-operated can opener
- instant coffee, tea, powdered soft drinks
- permanent marking pen to mark date on cans

(remember 1 gallon of water for each pet)

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

### To Do

- Make a family plan.
- Date each perishable food item using marking pen

## Week 2

### Hardware Store

- crescent wrench
- heavy rope
- duct tape
- 2 flashlights with batteries
- "bungee" cords

Also: a leash or carrier for your pet, if needed.

### To Do

- Check your house for hazards.
- Locate your gas meter and water shutoffs and attach a wrench near them.

## Week 3

### Grocery Store

- 1 gallon of water\*
- 1 can of meat\*
- 1 can fruit\*
- sanitary napkins
- video tape

(remember 1 gallon of water for each pet)

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

### To Do

- Use a video camera to tape the contents of your home for insurance purposes.
- Store video tape with friend/family member who lives out of town.

## Week 4

### Hardware Store

- plumber's tape
- crowbar
- smoke detector with battery

Also: extra medications or a prescription marked "emergency use," if needed.

### To Do

- Install or test your smoke detector
- Tie water heater to wall studs using plumber's tape.

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

<p><b>Week 5</b></p> <hr/> <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"/> 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> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have a fire drill at home.</li> </ul>	<p><b>Week 6</b></p> <hr/> <p><b>First Aid Supplies</b></p> <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> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans.</li> </ul>	<p><b>Week 7</b></p> <hr/> <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 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> <p><b>To Do</b></p> <hr/> <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><b>Week 8</b></p> <hr/> <p><b>First Aid Supplies</b></p> <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> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency.</li> </ul>
<p><b>Week 9</b></p> <hr/> <p><b>Grocery Store</b></p> <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> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Send some of your favorite family photos (or copies) to family members out of state for safe-keeping.</li> </ul>	<p><b>Week 10</b></p> <hr/> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> waterproof portable plastic container (with lid) for important papers</li> <li><input type="checkbox"/> portable am/fm radio (with batteries)</li> </ul> <p>Also: blankets or sleeping bag for each family member.</p> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make Photocopies of important papers and store safely.</li> </ul>	<p><b>Week 11</b></p> <hr/> <p><b>Grocery Store</b></p> <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> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Store a roll of quarters for emergency phone calls.</li> <li><input type="checkbox"/> Go on a hunt with your family to find a pay phone near home.</li> </ul>	<p><b>Week 12</b></p> <hr/> <p><b>First Aid Supplies</b></p> <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> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take your family on a field trip to gas meter and water meter shutoffs.</li> </ul>

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

<p><b>Week 13</b></p> <hr/> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> whistle</li> <li><input type="checkbox"/> ABC fire extinguisher</li> <li><input type="checkbox"/> pliers</li> <li><input type="checkbox"/> vise grips</li> </ul> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a first aid/CPR class.</li> </ul>	<p><b>Week 14</b></p> <hr/> <p><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"/> 1 package paper plates</li> <li><input type="checkbox"/> 1 package eating utensils</li> <li><input type="checkbox"/> 1 package paper cups</li> <li><input type="checkbox"/> adult vitamins</li> </ul> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency.</li> </ul>	<p><b>Week 15</b></p> <hr/> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> extra flashlight batteries</li> <li><input type="checkbox"/> masking tape</li> <li><input type="checkbox"/> hammer</li> <li><input type="checkbox"/> assorted nails</li> <li><input type="checkbox"/> “L” brackets to secure tall furniture to wall studs</li> <li><input type="checkbox"/> wood screws</li> </ul> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Brace shelves and cabinets.</li> </ul>	<p><b>Week 16</b></p> <hr/> <p><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"/> 1 box large heavy duty garbage bags</li> <li><input type="checkbox"/> kleenex</li> <li><input type="checkbox"/> 1 box quick energy snacks (such as granola bars or raisins)</li> </ul> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out if you have neighborhood safety organization and join it!</li> </ul>
<p><b>Week 17</b></p> <hr/> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box graham crackers</li> <li><input type="checkbox"/> assorted plastic containers with lids</li> <li><input type="checkbox"/> assorted safety pins</li> <li><input type="checkbox"/> dry cereal</li> </ul> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work.</li> </ul>	<p><b>Week 18</b></p> <hr/> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> “child proof” latches or other fasteners for your cupboards</li> <li><input type="checkbox"/> double-sided tape or Velcro-type fasteners to secure moveable objects</li> </ul> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pack a “go-pack” in case you need to evacuate.</li> </ul>	<p><b>Week 19</b></p> <hr/> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box large heavy-duty garbage bags</li> <li><input type="checkbox"/> 1 box quick energy snacks (such as granola bars or raisins)</li> </ul> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have an earthquake drill at home.</li> </ul>	<p><b>Week 20</b></p> <hr/> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> camping or utility knife</li> <li><input type="checkbox"/> extra radio batteries</li> </ul> <p>Also: purchase an emergency escape ladder for second story bedrooms, if needed.</p> <p><b>To Do</b></p> <hr/> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out about your workplace disaster plans.</li> </ul>
<p><b>Week 21</b></p> <hr/> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> heavy work gloves</li> <li><input type="checkbox"/> 1 box disposable dust masks</li> <li><input type="checkbox"/> screwdriver</li> <li><input type="checkbox"/> plastic safety goggles</li> </ul>	<p><b>Week 22</b></p> <hr/> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> extra hand operated can opener</li> <li><input type="checkbox"/> 3 rolls paper towels</li> </ul>	<p><b>Week 23</b></p> <hr/> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> battery powered camping lantern with extra battery or extra flashlights</li> </ul>	<p><b>Week 24</b></p> <hr/> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> large plastic food bags</li> <li><input type="checkbox"/> plastic wrap</li> <li><input type="checkbox"/> aluminum foil</li> </ul>

Items marked with an asterisk “\*” should be purchased for each member of the household.

# 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, raviolis, 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 a change of clothes, quarters for pay phones, out-of-state contact info, medications, important papers, etc.

## Your Family Disaster Supplies Calendar



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# DART

Disaster Area Response Teams  
— neighbors helping neighbors