

# Preparedness Calendar

## *Family Disaster Supplies and Preparedness Activities*

*This calendar is intended as a tool to help you prepare for disasters before they happen.  
After you purchase an item or complete an activity, check the box next to it*

### Month 1

#### **Purchase:**

- Water -3 gallons per person and pet
- Hand-operated can opener and bottle opener
- Instant drinks (coffee, tea, powdered soft drinks)
- 2 flashlights with batteries

#### **Activities:**

- Make your family disaster preparedness plan\*
- Inventory disaster supplies already on hand, especially camping gear
- If you fill your own water containers if they are not dated  
Conduct a home hazard hunt\*

### Month 2

#### **Purchase:**

- Canned meat, stew, or pasta meal – 5 per person
- Sanitary napkins
- Videotape
- Family – size first aid kit

#### **Activities:**

- Change battery and test smoke detector (purchase and install a detector if you don't have one)
- Videotape your home, including contents, for insurance purposes. Store the tape with friends or family who live out of town.

### Month 3

#### **Purchase:**

- Canned fruit 3 cans per person
- Any foods for special dietary needs (enough for 3 days)
- 2 rolls of toilet paper per person
- Crescent wrench(es) (or utility shutoff tools)

#### **Activities:**

- Conduct a home fire drill
- Check with your child's day care or school to find out about their disaster plans
- Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them
- Establish an out-of-state contact to call in case of emergency

***Your supplies may be stored together in one large container, such as a garbage can on wheels, or several small ones. Food items could be kept on a specific shelf in the pantry.***

**Month 4**

**Purchase:**

- Canned vegetables -4 per person
- Extra baby bottles, formula, and diapers, if needed
- Extra pet supplies, food, collar, leash
- Large storage containers(s) for preparedness supplies

**Activities:**

- Place a sturdy pair of shoes and a flashlight under your bed so that they will be handy during an emergency
- Place a supply of prescription medicine(s) and date if not already indicated on its label
- Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member

**Month 5**

**Purchase:**

- Canned, ready-to-eat soup - 2 per person
- Liquid dish soap
- Plain liquid bleach
- Portable am/fm radio (including batteries)
- Antibacterial liquid hand soap
- Disposable hand wipes

**Activities:**

- Make photo copies of important papers and put in the storage container
- Talk with neighbors to find out who may have skills or training that would be beneficial after a disaster (i.e., first aid, child care, amateur radio, tree removal, small engine repair, heavy equipment operations, wilderness survival, light rescue, carpentry)

***Examples of Food Items:***

- Select based on your family's preferences
- Pick low-salt, water-packed varieties when possible
- Canned meat ~ tuna, chicken raviolis, chili, stew, Spam, corned beef, etc.
- Vegetables ~ green beans, corn, peas, beets, baked beans, carrots, etc.
- Fruit ~ pears, applesauce, mandarin oranges, pineapple, etc.

## Month 6

### Purchase:

- Quick-energy snacks (granola bars, raisins, peanut butter)
- 6 rolls of paper towels
- 3 boxes of facial tissue
- Sunscreen
- Anti-diarrhea medicine
- Latex gloves, 6 pairs, (to be out with the first aid kit)

### Activities:

- Check to see if your stored water has expired and needs to be replaced (Replace every 6 months if you filled your own containers. Store bought water will have an expiration date on the container)
- Put an extra pair of eyeglasses in the supply container
- Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home
- Find out about your workplace disaster plans

## Month 7

### Purchase:

- Whistle
- ABC fire extinguisher
- 1 Large can of juice per person
- Adult and children vitamins
- A pair of pliers and/or vise grips

### Activities:

- Take a first aid/CPR class
- Identify neighbors who might need help in an emergency, including those with limited mobility or health problems and children who might be alone
- Show family members where and how to shut off the utilities

## Month 8

### Purchase:

- Box of crackers or graham crackers
- Dry cereal
- "Child proof" latches or other fasteners for cabinet doors and drawers
- 1 Box of large, heavy-duty garbage bags
- Camping or utility knife

### Activities:

- Secure shelves, cabinets, and drawers to prevent them from falling and/or opening during earthquakes
- Meet with neighbors to inventory expensive equipment that could be shared in the event of an emergency, such as chain saws, chippers/shredders, utility trailers, snow blowers, and 4-wheel drive vehicles

## Month 9

### Purchase:

- Extra batteries for flashlights, radio, and hearing aids (if needed)
- Heavy rope
- Duct tape
- Crowbar

### Activities:

- Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers, quarters for pay phones
- Secure water heater to wall studs (if not already done)

**Month  
10**

**Purchase:**

- Hammer and assorted nails
- Screw drivers and assorted wood screws
- Heavy duty plastic tarps or sheets of Visquine®
- Extra toothbrush per person and toothpaste

**Activities:**

- Make arrangements to have someone help your children if you are at work when an emergency occurs
- Conduct an earthquake drill at home
- Replace prescription medicines as required by expiration dates

**Month  
11**

**Purchase:**

- Package of paper plates
- Package of napkins
- Package of eating utensils
- Package of paper cups
- Masking tape
- Kitchen-size garbage bags (1 box)

**Activities:**

- Make arrangements to have someone to take care of your pets
- Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency
- Start a Neighborhood Watch Program if none exists

**Month  
12**

**Purchase:**

- Heavy work gloves
- Box of disposable dust masks
- Safety goggles Antiseptic
- Sewing kit

**Activities:**

- Check to see your stored water has expired and needs to be replaced (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container)
- Check the dates on stored on stored food and replace as needed