



# PREPAREDNESS CALENDAR

## Family Disaster Supplies & Preparedness Activities



*This 12-month preparedness calendar is 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.*

<b>MONTH 1</b>	<b>Purchase:</b> <input type="checkbox"/> Water - 3 gallons per person and pet <input type="checkbox"/> Hand-operated can opener and bottle opener <input type="checkbox"/> Instant drinks (coffee, tea, powdered soft drinks) <input type="checkbox"/> 2 flashlights with batteries	<b>Activities:</b> <input type="checkbox"/> Make a family disaster preparedness plan* <input type="checkbox"/> Inventory disaster supplies already on hand, especially camping gear <input type="checkbox"/> If you fill your own water containers, mark them with the date filled <input type="checkbox"/> Date water/food containers if they are not dated <input type="checkbox"/> Conduct a home hazard hunt*
<b>MONTH 2</b>	<b>Purchase:</b> <input type="checkbox"/> Canned meat, stew, or pasta meal - 5 per person <input type="checkbox"/> Sanitary napkins <input type="checkbox"/> Videotape <input type="checkbox"/> Family-size first aid kit	<b>Activities:</b> <input type="checkbox"/> Change battery and test smoke detector. Purchase and install a detector if you don't have one) <input type="checkbox"/> Videotape your home, including contents, for insurance purposes. Store the tape with friends or family who live out of town.
<b>MONTH 3</b>	<b>Purchase:</b> <input type="checkbox"/> Any foods for special dietary needs (enough for 3 days) <input type="checkbox"/> 2 rolls of toilet paper per person <input type="checkbox"/> Crescent wrench(es) or utility shutoff tools	<b>Activities:</b> <input type="checkbox"/> Conduct a home fire drill <input type="checkbox"/> Check with your child's daycare or school to find out about their disaster plans. <input type="checkbox"/> Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them <input type="checkbox"/> 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.*

<b>MONTH 4</b>	<b>Purchase:</b> <input type="checkbox"/> Canned vegetables – 4 per person <input type="checkbox"/> Extra baby bottles, formula, and diapers, if needed <input type="checkbox"/> Extra pet supplies; food, collar, leash <input type="checkbox"/> Large storage container(s) for preparedness supplies	<b>Activities:</b> <input type="checkbox"/> Place a sturdy pair of shoes and a flashlight under your bed so that they will be handy during an emergency <input type="checkbox"/> Place a supply of prescription medicine(s) in storage container and date the medicine(s) if not already indicated on its label <input type="checkbox"/> Start putting supplies in storage container(s) and included blankets or sleeping bags for each family member.
<b>MONTH 5</b>	<b>Purchase:</b> <input type="checkbox"/> Canned, ready-to-eat soup – 2 per person <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Plain liquid bleach <input type="checkbox"/> Portable am/fm radio (including batteries) <input type="checkbox"/> Anti-bacterial liquid hand soap <input type="checkbox"/> Disposable hand wipes	<b>Activities:</b> <input type="checkbox"/> Make photocopies of important papers and put in the storage container <input type="checkbox"/> 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 food based on your family’s eating preferences
- Pick low-salt, water-packed varieties, when possible (to avoid undue thirst)

*Canned Meats: tuna, chicken, raviolis, step, Spam™, corned beef, etc.*  
*Vegetables: green beans, corn, peas, beets, baked beans, etc.*  
*Fruits: pears, applesauce, mandarin oranges, pineapple, etc.*

<b>MONTH 6</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quick-energy snacks (granola bars, raisins, peanut butter)</li> <li><input type="checkbox"/> 6 rolls of paper towels</li> <li><input type="checkbox"/> 3 boxes of facial tissues. Sunscreen</li> <li><input type="checkbox"/> Anti-diarrhea medicine</li> <li><input type="checkbox"/> Latex gloves, 6 pairs, (for first aid kit)</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check and see if your stored water has expired and needs to be replaced. (Replace every six months if you filled your own containers. Store bought water will have an expiration date on the container.)</li> <li><input type="checkbox"/> Put a pair of eyeglasses in the supply container</li> <li><input type="checkbox"/> Obtain additional power chargers for phone/electronic device(s)</li> <li><input type="checkbox"/> Find out about your workplace disaster plans.</li> </ul>
<b>MONTH 7</b>	<p><b>Purchase:</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"/> 1 large can of juice per person</li> <li><input type="checkbox"/> Adult and children vitamins</li> <li><input type="checkbox"/> A pair of pliers and/or vise grips</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a first aid/CPT class</li> <li><input type="checkbox"/> Identify the neighbors who might need help in an emergency including those with limited mobility or health problems and children who might be alone</li> <li><input type="checkbox"/> Show family members where and how to shut off utilities</li> </ul>
<b>MONTH 8</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Box of crackers or graham crackers</li> <li><input type="checkbox"/> Dry cereal</li> <li><input type="checkbox"/> “Child Proof” latches or other fasteners for cabinet doors and drawers</li> <li><input type="checkbox"/> 1 box of large, heavy-duty garbage bags</li> <li><input type="checkbox"/> Camping or utility knife</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Secure shelves, cabinets and drawers to prevent them from falling and/or opening during earthquakes</li> <li><input type="checkbox"/> 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</li> </ul>
<b>MONTH 9</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra batteries for flashlight, radio and hearing aids (if needed)</li> <li><input type="checkbox"/> Heavy rope</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> Crowbar</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers</li> <li><input type="checkbox"/> Secure water heater to wall studs (if not already done)</li> </ul>
<b>MONTH 10</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hammer and assorted nails</li> <li><input type="checkbox"/> Screwdrivers and assorted wood screws</li> <li><input type="checkbox"/> Heavy duty plastic tarps or sheets of visqueen</li> <li><input type="checkbox"/> Extra toothbrush per person and toothpaste</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make arrangements to have someone help your children if you are at work when the emergency occurs</li> <li><input type="checkbox"/> Conduct an earthquake drill at home</li> <li><input type="checkbox"/> Replace prescription medication as required by expiration date</li> </ul>
<b>MONTH 11</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Package of paper plates</li> <li><input type="checkbox"/> Package of napkins</li> <li><input type="checkbox"/> Package of eating utensils</li> <li><input type="checkbox"/> Package of paper cups</li> <li><input type="checkbox"/> Masking tape</li> <li><input type="checkbox"/> Kitchen-size garbage bags (1 box)</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make arrangements to have someone take care of your pets if you’re at work when an emergency occurs</li> <li><input type="checkbox"/> Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency</li> <li><input type="checkbox"/> Start a Neighborhood Watch Program if none exists</li> </ul>
<b>MONTH 12</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy work gloves</li> <li><input type="checkbox"/> Box of disposable dust masks</li> <li><input type="checkbox"/> Safety goggles</li> <li><input type="checkbox"/> Antiseptic</li> <li><input type="checkbox"/> Sewing kit</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced. (Replace every six months if you filled your own containers. Store bought water will have an expiration date on the container.)</li> <li><input type="checkbox"/> Check dates on stored food and replace as needed</li> </ul>