

Preparedness Calendar

A 12-month plan for building your 72 Hour Kit

<p style="text-align: center;">MONTH 1</p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <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 <p><u>Activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Make your 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, date them and replace every six months <input type="checkbox"/> Conduct a home hazard hunt 	<p style="text-align: center;">MONTH 2</p> <p><u>Purchase:</u></p> <ul style="list-style-type: none"> <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 sized first aid kit <p><u>Activities</u></p> <ul style="list-style-type: none"> <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 <input type="checkbox"/> Post emergency phone numbers by the phone
<p style="text-align: center;">MONTH 3</p> <p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned fruit – 3 per person <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(s) (or utility shutoff tools) <p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Conduct a home fire drill <input type="checkbox"/> Check with your child's day care 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 	<p style="text-align: center;">MONTH 4</p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <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 (if needed) <input type="checkbox"/> Large storage containers for preparedness supplies <p><u>Activities</u></p> <ul style="list-style-type: none"> <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) and date if not already indicated on the label <input type="checkbox"/> Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member
<p style="text-align: center;">MONTH 5</p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <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"/> Antibacterial liquid hand soap <input type="checkbox"/> Disposable hand wipes <p><u>Activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Make photo copies 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) <input type="checkbox"/> Medical information sheet 	<p style="text-align: center;">MONTH 6</p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick energy snacks (granola bars, raisins, peanut butter) <input type="checkbox"/> 6 rolls of paper towels <input type="checkbox"/> 3 boxes of facial tissues <input type="checkbox"/> Sunscreen <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> 6 pairs latex gloves (to be out with the first aid kit) <p><u>Actions</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced (replace every 6 months if you fill your own containers, store bought water has expiration date printed on container) <input type="checkbox"/> Put an extra pair of eyeglasses in the supply container <input type="checkbox"/> Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home <input type="checkbox"/> Find out about your workplace disaster plans

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

<p style="text-align: center;">MONTH 7</p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> 1 large can of juice/person <input type="checkbox"/> Adult and children vitamins <input type="checkbox"/> A pair of pliers and/or vice grips <p><u>Activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid/CPE class <input type="checkbox"/> Identify neighbors who might need help in an emergency, including those with limited mobility or health problems and children who might be alone <input type="checkbox"/> Show family members where and how to shut off the utilities 	<p style="text-align: center;">MONTH 8</p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Box of crackers or graham crackers <input type="checkbox"/> Dry cereal <input type="checkbox"/> “Child proof” latches or other fasteners for cabinet doors and drawers <input type="checkbox"/> 1 box of large, heavy duty garbage bags <input type="checkbox"/> Camping or utility knife <p><u>Activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure shelves, cabinets, and drawers to prevent them from falling and/or opening during earthquakes <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, show blowers, and 4-wheel drive vehicles
<p style="text-align: center;">MONTH 9</p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra batteries for flashlights, radio, and hearing aids (if needed) <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Crowbar <p><u>Activities</u></p> <ul style="list-style-type: none"> <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, quarters for pay phones <input type="checkbox"/> Secure water heater to wall studs (if not already done) 	<p style="text-align: center;">MONTH 10</p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Hammer and assorted nails <input type="checkbox"/> Screw drivers and assorted wood screws <input type="checkbox"/> Heavy duty plastic tarps or sheets of visquine <input type="checkbox"/> Extra toothbrush per person and toothpaste <p><u>Activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Make arrangements to have someone help your children if you are at work when an emergency occurs <input type="checkbox"/> Conduct an earthquake drill at home <input type="checkbox"/> Replace prescription medicines as required by expiration dates
<p style="text-align: center;">MONTH 11</p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Package of paper plates <input type="checkbox"/> Package of napkins <input type="checkbox"/> Package of eating utensils <input type="checkbox"/> Package of paper cups <input type="checkbox"/> Masking tape <input type="checkbox"/> Kitchen size garbage bags (1 box) <p><u>Activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Make arrangements to have someone take care of your pets <input type="checkbox"/> Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency <p>Start a Neighborhood Watch Program if none</p>	<p style="text-align: center;">MONTH 12</p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Box of disposable dust masks <input type="checkbox"/> Safety goggles <input type="checkbox"/> Antiseptic <input type="checkbox"/> Sewing kit <p><u>Activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced (replace every 6 months if you fill your own containers, store bought water has expiration date printed on container) <input type="checkbox"/> Check the dates on stored food and replace as needed

FOR FOOD ITEMS:

Select based on your family’s preferences. Pick low-salt, water-packed varieties when possible.

Meat: tuna, chicken, raviolis, chili, stew, Spam, corned beef, etc.

Vegetables: green beans, corn, peas, beets, baked beans, carrots, etc.



Reviewed July 2014