

# Preparedness Calendar

A 12-month plan for building your 72 Hour Kit

<p style="text-align: center;"><b>MONTH 1</b></p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Water- 3 gallons per person and pet</li> <li><input type="checkbox"/> Hand-operated can opener and bottle opener</li> <li><input type="checkbox"/> Instant drinks (coffee, tea, powdered soft drinks)</li> <li><input type="checkbox"/> 2 flashlights with batteries</li> </ul> <p><u>Activities</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make your family disaster preparedness plan</li> <li><input type="checkbox"/> Inventory disaster supplies already on hand, especially camping gear</li> <li><input type="checkbox"/> If you fill your own water containers, date them and replace every six months</li> <li><input type="checkbox"/> Conduct a home hazard hunt</li> </ul>	<p style="text-align: center;"><b>MONTH 2</b></p> <p><u>Purchase:</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned meat, stew, or pasta meal – 5 per person</li> <li><input type="checkbox"/> Sanitary napkins</li> <li><input type="checkbox"/> Videotape</li> <li><input type="checkbox"/> Family sized first aid kit</li> </ul> <p><u>Activities</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change battery and test smoke detector (purchase and install a detector if you don't have one)</li> <li><input type="checkbox"/> Videotape your home, including contents, for insurance purposes. Store the tape with friends or family who live out of town</li> <li><input type="checkbox"/> Post emergency phone numbers by the phone</li> </ul>
<p style="text-align: center;"><b>MONTH 3</b></p> <p><u>Purchase:</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned fruit – 3 per person</li> <li><input type="checkbox"/> Any foods for special dietary needs (enough for 3 days)</li> <li><input type="checkbox"/> 2 rolls of toilet paper per person</li> <li><input type="checkbox"/> Crescent wrench(s) (or utility shutoff tools)</li> </ul> <p><u>Activities:</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Conduct a home fire drill</li> <li><input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans</li> <li><input type="checkbox"/> Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them</li> <li><input type="checkbox"/> Establish an out-of-state contact to call in case of emergency</li> </ul>	<p style="text-align: center;"><b>MONTH 4</b></p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned vegetables – 4 per person</li> <li><input type="checkbox"/> Extra baby bottles, formula, and diapers (if needed)</li> <li><input type="checkbox"/> Extra pet supplies, food, collar, leash (if needed)</li> <li><input type="checkbox"/> Large storage containers for preparedness supplies</li> </ul> <p><u>Activities</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a sturdy pair of shoes and a flashlight under your bed so that they will be handy during an emergency</li> <li><input type="checkbox"/> Place a supply of prescription medicine(s) and date if not already indicated on the label</li> <li><input type="checkbox"/> Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member</li> </ul>
<p style="text-align: center;"><b>MONTH 5</b></p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned, ready to eat soup – 2 per person</li> <li><input type="checkbox"/> Liquid dish soap</li> <li><input type="checkbox"/> Plain liquid bleach</li> <li><input type="checkbox"/> Portable am/fm radio (including batteries)</li> <li><input type="checkbox"/> Antibacterial liquid hand soap</li> <li><input type="checkbox"/> Disposable hand wipes</li> </ul> <p><u>Activities</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make photo copies of important papers and put in the storage container</li> <li><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)</li> <li><input type="checkbox"/> Medical information sheet</li> </ul>	<p style="text-align: center;"><b>MONTH 6</b></p> <p><u>Purchase</u></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</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Anti-diarrhea medicine</li> <li><input type="checkbox"/> 6 pairs latex gloves (to be out with the first aid kit)</li> </ul> <p><u>Actions</u></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 6 months if you fill your own containers, store bought water has expiration date printed on container)</li> <li><input type="checkbox"/> Put an extra pair of eyeglasses in the supply container</li> <li><input type="checkbox"/> Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home</li> <li><input type="checkbox"/> Find out about your workplace disaster plans</li> </ul>

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;"><b>MONTH 7</b></p> <p><u>Purchase</u></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/person</li> <li><input type="checkbox"/> Adult and children vitamins</li> <li><input type="checkbox"/> A pair of pliers and/or vice grips</li> </ul> <p><u>Activities</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a first aid/CPE class</li> <li><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</li> <li><input type="checkbox"/> Show family members where and how to shut off the utilities</li> </ul>	<p style="text-align: center;"><b>MONTH 8</b></p> <p><u>Purchase</u></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><u>Activities</u></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, show blowers, and 4-wheel drive vehicles</li> </ul>
<p style="text-align: center;"><b>MONTH 9</b></p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra batteries for flashlights, 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><u>Activities</u></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, quarters for pay phones</li> <li><input type="checkbox"/> Secure water heater to wall studs (if not already done)</li> </ul>	<p style="text-align: center;"><b>MONTH 10</b></p> <p><u>Purchase</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hammer and assorted nails</li> <li><input type="checkbox"/> Screw drivers and assorted wood screws</li> <li><input type="checkbox"/> Heavy duty plastic tarps or sheets of visquine</li> <li><input type="checkbox"/> Extra toothbrush per person and toothpaste</li> </ul> <p><u>Activities</u></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 an emergency occurs</li> <li><input type="checkbox"/> Conduct an earthquake drill at home</li> <li><input type="checkbox"/> Replace prescription medicines as required by expiration dates</li> </ul>
<p style="text-align: center;"><b>MONTH 11</b></p> <p><u>Purchase</u></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><u>Activities</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make arrangements to have someone take care of your pets</li> <li><input type="checkbox"/> Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency</li> </ul> <p>Start a Neighborhood Watch Program if none</p>	<p style="text-align: center;"><b>MONTH 12</b></p> <p><u>Purchase</u></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><u>Activities</u></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 6 months if you fill your own containers, store bought water has expiration date printed on container)</li> <li><input type="checkbox"/> Check the dates on stored food and replace as needed</li> </ul>

**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