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This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a disaster supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies, such as food and water, every six months.

WEEK 1

Grocery Store

- 1 gallon water*
 - 1 jar peanut butter
 - 1 large can juice*
 - 1 can meat
 - Instant coffee, tea, powdered drinks
 - Hand-operated can opener
 - Permanent marking pen
- If needed:** pet food, baby food, diapers

To Do

- Find out what kinds of disasters can happen in your area.
- Check your house for hazards.
- Use marking pen to date each perishable food item.

WEEK 2

Hardware Store

- Heavy cotton or hemp rope
 - Duct tape
 - 2 flashlights with batteries
 - Matches in water-proof container
 - Battery-powered radio with extra batteries
 - "Bungee" cords
- Also, leash or carrier for your pet

To Do

- Complete a personal needs assessment and your resources for meeting your needs in a

changed disaster environment.

WEEK 3

Grocery Store

- 1 gallon water*
 - 1 can meat*
 - Feminine hygiene supplies
 - Paper and pencil
 - Area map
 - Aspirin or non-aspirin pain reliever
 - Laxative
- Also, 1 gallon water for each pet

To Do

- Create a personal support network to help you obtain and identify the resources you will need to cope with disaster.

WEEK 4

Hardware Store

- Patch kit and can of seal-in-air product for the tires of mobility aids.
 - Signal flare
 - Compass
- Also, extra medications or prescriptions marked "emergency use"

To Do

- Develop a personal disaster plan.
- Give copies of the following lists to your network:

medical and emergency information lists, disability-related supplies and special equipment list, and personal disaster plan.

WEEK 5

Grocery Store

- 1 gallon water*
- 1 can meat*
- 1 can fruit*
- 1 can vegetables*
- 2 rolls toilet paper
- Extra toothbrush*
- Toothpaste

Also, special food for special diets

To Do

- Make a floor plan of your home including primary escape routes.
- Identify safe places to go to in case of a disaster.
- Practice a disaster drill with your network.

WEEK 6

First Aid Supplies

- Sterile adhesive bandages, assorted sizes
- Safety pins
- Adhesive tape
- Latex gloves
- Sunscreen
- Gauze pads and sterile roller bandages

^ This document was re-created from an American Red Cross (Greater Los Angeles) handout dated October 2004. The original document listed www.acrossla.org which does not appear to be valid. The URL for the Los Angeles Region of the American Red Cross was substituted.

* Purchase one for each member of the household including your service animal and/or pet/s.

- Antiseptic
- Also, extra hearing aid batteries

To Do

- Find out about your child's day care or school disaster plan.
- Check about the availability of emergency transportation services.

WEEK 7

Grocery Store

- 1 gallon water*
- 1 can ready-to-eat soup*
- 1 can fruit*
- 1 can vegetables*
- Sewing kit
- Disinfectant

Also, extra plastic baby bottles, formula and diapers

To Do

- Set up an out-of-town contact.
- Share contact information with your network.
- Ask your network to check on you after a disaster or an evacuation.

WEEK 8

First Aid Supplies

- Scissors
- Tweezers
- Thermometer
- Antibacterial liquid handsoap
- Disposable hand wipes
- Needles
- Petroleum jelly or other lubricant

Also, extra eyeglasses

To Do

- Place sturdy shoes and a flashlight under your bed.
- If Blind, store a talking clock and extra white canes.
- If Blind, mark disaster supplies in Braille or with florescent tape.

WEEK 9

Grocery Store

- 1 can ready-to-eat soup*
- Liquid dish soap
- Household chlorine bleach
- 1 box heavy-duty garbage bags with ties
- Antacid (for upset stomach)

Also, saline solution, contact lens care

To Do

- Familiarize your network with any areas on your body with reduced sensation.
- Choose a signal to let your network know that you are okay and have left the disaster site.
- If you have a communication disability, store a word or letter board with your disaster supplies.

WEEK 10

Hardware Store

- Waterproof portable plastic container with lid for important documents
- Wrench/s needed to turn off utilities
- Pliers

To Do

- Show location of gas and water meter shutoffs to your network.
- Attach a wrench to gas and water meter.
- Make copies of documents and store.
- Send favorite family photos to your out-of-town contact.

WEEK 11

Grocery Store

- 1 large can juice*
- Large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels
- Medicine dropper

To Do

- Store a roll of quarters for phone calls.
- Locate the nearest pay phone.
- Install or test all smoke alarms and replace battery/s, if needed.

WEEK 12

Animal Care Store

- Extra harness, leash, ID tags and food for your service animal and/or pets
- Litter with pan
- Extra water

To Do

- Develop a pet care plan.
- Medications
- Get copies of service animal or pet/s license, medical and vaccinations records.
- Put extra harness, leash, ID tags in disaster kit.

WEEK 13

Hardware Store

- Whistle
- Pliers
- Screwdriver
- Hammer
- Perforated metal tape (plumber's)
- Crowbar

To Do

- Take first aid/CPR class.
- Strap water heater to wall studs using plumber's tape.

WEEK 14

Grocery Store

- 1 can fruit*
- 1 can meat*
- 1 can vegetables*
- 1 package eating utensils
- 1 package each paper cups, plates, bowls

To Do

- Make sure your network and

* Purchase one for each member of the household including your service animal and/or pet/s.

