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:

1. 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

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^ This document was re-created from an American Red Cross (Greater Los Angeles) handout dated October 2004. The original document listed [www.acrossla.org](http://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

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neighbors know what help you may need and how best to assist you in a disaster.

Practice your evacuation plan.

WEEK 15

Hardware Store
- ABC fire extinguisher
- Extra batteries for radio, flashlights, and/or battery powered camping lantern with extra batteries
- Assorted nails
- Wood screws
- Labels for your equipment and supplies

To Do
- Bolt bookcases and cabinets to wall studs.
- Label equipment and attach instruction cards.

WEEK 16

Grocery Store
- 1 can meat*
- 1 can vegetables*
- 1 box facial tissue
- 1 box quick energy snacks
- Dried fruit/nuts

To Do
- Find out if you have a neighborhood watch or safety organization and join it.
- Plan to check on a neighbor who may need help.
- Develop a disaster supply kit for your car or van.

WEEK 17

Grocery Store
- 1 box graham crackers
- Plastic containers with lids, assorted
- Dry cereal

First Aid Supplies
- Anti-diarrheal medication
- Rubbing alcohol
- Ipecac syrup and activated charcoal (for accidental poisoning)

To Do
- Arrange for a friend or neighbor to help your children if you are not available.

WEEK 18

Hardware Store
- “Child proof” latches or other fasteners for cupboards
- Secure moveable objects with hook-loop fasteners or double-sided tape or Velcro®
- “L” brackets to secure tall objects
- Plastic bucket with lid
- Plastic sheeting
- Masking tape

To Do
- Install latches and secure objects.
- Store a blanket or sleeping bag for each person.

WEEK 19

Grocery Store
- 1 box quick energy snacks
- Comfort food like cookies, candy
- Plastic wrap
- Aluminum foil
- Also denture care items

To Do
- Review insurance coverage.
- If needed, install an emergency escape ladder.

WEEK 20

Hardware Store
- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust masks
- 2 blank video-cassettes

Specialty Store
- Extra battery for motorized mobility aid

To Do
- Use video camera to tape contents of home.
- Make a copy and send it to an out-of-town contact.
- Find out about your workplace disaster plan.

LIST SPECIAL NEEDS ITEMS HERE

* Purchase one for each member of the household including your service animal and/or pet/s.
IF DISASTER STRIKES
Remain calm and patient. Put your plan into action

CHECK FOR INJURIES
Give first aid and get help for seriously injured people.

WAIT FOR INSTRUCTIONS
Listen to your battery powered radio for news and instructions. Evacuate, if advised to do so. Wear protective clothing and sturdy shoes.

CHECK FOR DAMAGE
Check for damage in your home and neighborhood. Also check for fires, fire hazards, gas leaks and other household hazards.

TO GET STARTED
☐ Check your home for supplies that you already have.
☐ Decide where to store the supplies.

MEET WITH YOUR FAMILY
☐ Discuss the types of disasters that could occur in your area.
☐ Prepare.
☐ Develop an evacuation plan.
☐ Practice your plan.

ASSEMBLE A “TO-GO PACK”
In case of a disaster or evacuation, your “to-go-pack” should:
☐ Be in a backpack or other similar container.
☐ Contain your most important items such as a change of clothes, quarters for pay phones, out-of-state contact info, important papers, medications, etc.

TRY THESE FOODS
Canned Meat
Tuna, chicken, chili, raviolis, beef stew, Spam, corned beef

Vegetables
Green beans, kernel corn, peas, beets, kidney beans, carrots

Fruit
Pears, peaches, mandarin oranges, applesauce

Cereal
Cheerios, Chex, Kix, Shredded Wheat

Energy Snacks
Granola bars, raisins

REMEMBER TO ...
☐ Confine or secure pets.
☐ Call your family contact.
☐ Check on your neighbors, especially seniors and persons with disabilities.

LIST SPECIAL PHONE NUMBERS HERE

Name Number

Name Number

Name Number

Name Number

Name Number

Name Number

LIST SPECIAL REMINDERS HERE

Name Number

Name Number

Name Number

Name Number

Name Number

Name Number

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