

# The Individual/Family 72 Hour Disaster Supplies Calendar

Being prepared for an emergency takes time, organization and money.  
Use this 26 Week Disaster Supplies Calendar to help prepare you and your family.

To Get Started:	Plan how to contact your family if separated by disaster	Copies of the following:
•Check your house for supplies that you already have on hand		<input type="checkbox"/> Birth certificate
•Decide where you will store supplies	•Pick <b>two</b> meeting places: 1. a location a safe distance from your home in case of fire	<input type="checkbox"/> Marriage certificate
•Discuss the types of disaster that could occur	2. a place outside your neighborhood in case you can't return home	<input type="checkbox"/> Driver's license
•Meet with your family to plan		<input type="checkbox"/> Social Security cards
•Explain how to prepare	•Choose an out-of-state friend	<input type="checkbox"/> Deeds
•Explain when and how to respond	as a "check-in-contact" for everyone to call	<input type="checkbox"/> Inventory of household goods
•Discuss what to do if you need to evacuate		<input type="checkbox"/> Insurance papers
•Practice your plan		<input type="checkbox"/> Immunization records
		<input type="checkbox"/> Bank and credit card account numbers
		<input type="checkbox"/> Stocks and bonds
		•Emergency contact list and phone numbers
		•Map of the area and phone numbers of places you could go

*Items marked with \* should be purchased for each member of the household*

Week 1	Week 2	Week 3
<b>Grocery Store</b>	<b>Hardware Store</b>	<b>Grocery Store</b>
<input type="checkbox"/> 1 gallon water*	<input type="checkbox"/> Portable, battery-powered radio with extra batteries	<input type="checkbox"/> 1 gallon water*
<input type="checkbox"/> 1 small jar peanut butter*	<input type="checkbox"/> Heavy rope	<input type="checkbox"/> 1 can fruit*
<input type="checkbox"/> 1 large can juice*	<input type="checkbox"/> Duct tape	<input type="checkbox"/> 1 can meat*
<input type="checkbox"/> 1 can meat	<input type="checkbox"/> Scissors	<input type="checkbox"/> 1 small jar jelly
<input type="checkbox"/> Manual can opener	<input type="checkbox"/> 2 flashlights with batteries	<input type="checkbox"/> Granola bars
<input type="checkbox"/> Instant coffee, tea	<input type="checkbox"/> "bungee" cords	<input type="checkbox"/> Toothpaste and brush
<input type="checkbox"/> Permanent marking pen		<input type="checkbox"/> 1 gallon of water per pet
<input type="checkbox"/> 1 gallon of water per pet		

*Also:* pet food, diapers, baby food

Week 4	Week 5	Week 6
<b>Hardware Store</b>	<b>Grocery Store</b>	<b>First Aid Supplies</b>
<input type="checkbox"/> Plumber's tape	<input type="checkbox"/> 1 gallon water*	<input type="checkbox"/> Scissors
<input type="checkbox"/> Crowbar	<input type="checkbox"/> 1 can fruit*	<input type="checkbox"/> Tweezers
<input type="checkbox"/> Smoke detector with battery	<input type="checkbox"/> 1 can meat*	<input type="checkbox"/> Antiseptic
<input type="checkbox"/> Matches in a waterproof container	<input type="checkbox"/> 1 can vegetables*	<input type="checkbox"/> Thermometer
	<input type="checkbox"/> 2 rolls of toilet paper*	<input type="checkbox"/> Liquid hand soap
	<input type="checkbox"/> Disinfectant	<input type="checkbox"/> Disposable hand wipes
	<input type="checkbox"/> Household chlorine bleach	<input type="checkbox"/> Sewing kit

**To Do:**

- Make a family plan



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Week 7	Week 8	Week 9
<b>Grocery Store</b>	<b>First Aid Supplies</b>	<b>Grocery Store</b>
<input type="checkbox"/> 1 gallon water*	<input type="checkbox"/> Aspirin and/or acetaminophen	<input type="checkbox"/> 1 can ready-to-eat soup*
<input type="checkbox"/> 1 can ready-to-eat soup*	<input type="checkbox"/> Cold pack	<input type="checkbox"/> Liquid dish soap
<input type="checkbox"/> 1 can fruit*	<input type="checkbox"/> Rolls of gauze and bandages	<input type="checkbox"/> Heavy duty garbage bags
<input type="checkbox"/> 1 can vegetables*	<input type="checkbox"/> First aid tape	<input type="checkbox"/> Hand sanitizer
	<input type="checkbox"/> Adhesive bandages, assorted sizes	

**Also:** extra plastic baby bottles, formula and diapers, if needed

Week 10	Week 11	Week 12
<b>Hardware Store</b>	<b>Grocery Store</b>	<b>First Aid Supplies</b>
<input type="checkbox"/> Watertight container with lid for important documents	<input type="checkbox"/> 1 large can juice*	<input type="checkbox"/> Anti-diarrhea medication
<input type="checkbox"/> NOAA Weather Radio	<input type="checkbox"/> Resealable plastic bags	<input type="checkbox"/> Antacid (for stomach upset)
<input type="checkbox"/> Signal flare	<input type="checkbox"/> 1 box quick energy snacks	<input type="checkbox"/> Rubbing alcohol
<input type="checkbox"/> Whistle	<input type="checkbox"/> 3 rolls of paper towels	<input type="checkbox"/> Pairs large, medical grade, non-latex gloves
	<input type="checkbox"/> Aluminum foil	<input type="checkbox"/> Syrup of Ipecac (to induce vomiting, if advised by Poison Control Center)
	<input type="checkbox"/> Plastic wrap	<input type="checkbox"/> Activated charcoal (to use if advised by Poison Control Center)

**To Do:**

- Establish an out-of-state contact to call in case of emergency

Week 13	Week 14	Week 15
<b>Hardware Store</b>	<b>Grocery Store</b>	<b>Hardware Store</b>
<input type="checkbox"/> Shut-off wrench	<input type="checkbox"/> 1 can fruit*	<input type="checkbox"/> Tube tent
<input type="checkbox"/> Pliers	<input type="checkbox"/> 1 can meat*	<input type="checkbox"/> Small cooking stove
<input type="checkbox"/> Small shovel	<input type="checkbox"/> 1 can vegetables*	<input type="checkbox"/> Can of cooking fuel
<input type="checkbox"/> ABC-type fire extinguisher	<input type="checkbox"/> Paper plates or mess kits	<input type="checkbox"/> Masking tape
<input type="checkbox"/> Plastic sheeting	<input type="checkbox"/> Plastic utensils	
	<input type="checkbox"/> Paper cups	
	<input type="checkbox"/> Paper, pens, and pencils	

Week 16	Week 17	Week 18
<b>Grocery Store</b>	<b>Grocery Store</b>	<b>Hardware Store</b>
<input type="checkbox"/> 1 can meat*	<input type="checkbox"/> Dry cereal	<input type="checkbox"/> Compass
<input type="checkbox"/> 1 can vegetables*	<input type="checkbox"/> Graham crackers	<input type="checkbox"/> Work gloves
<input type="checkbox"/> Towelettes, soap, hand sanitizer	<input type="checkbox"/> Lip balm, insect repellent	<input type="checkbox"/> Extra set of house and car keys
<input type="checkbox"/> Deodorant, sunscreen	<input type="checkbox"/> Cookies, hard candy	<input type="checkbox"/> Medium-sized plastic bucket with lid



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Week 19	Week 20	Week 21
Grocery Store	Hardware Store	First Aid Supplies
<input type="checkbox"/> 1 gallon water*	<input type="checkbox"/> Camping or utility knife	<input type="checkbox"/> Prescriptions
<input type="checkbox"/> Staples: sugar, salt, pepper	<input type="checkbox"/> Extra batteries	<input type="checkbox"/> Extra eyeglasses/contact lenses
<input type="checkbox"/> Quick energy snacks (raisins, granola bars, dried fruit, trail mix)	<input type="checkbox"/> Disposable dust masks	<input type="checkbox"/> Laxative
<input type="checkbox"/> Shampoo	<i>Also:</i> purchase an emergency	<input type="checkbox"/> Antibacterial ointment
<input type="checkbox"/> Comb and brush	escape ladder for second story	<input type="checkbox"/> 3" x 3" sterile gauze pads
<input type="checkbox"/> 1 gallon of water per pet	bedrooms, if needed.	<input type="checkbox"/> Hypoallergenic adhesive tape

Week 23	Week 24	Week 25
Hardware Store	First Aid Supplies	Grocery Store
<input type="checkbox"/> Plastic storage containers	<input type="checkbox"/> 5" x 9" sterile dressing	<input type="checkbox"/> Powdered milk
<input type="checkbox"/> Medicine dropper	<input type="checkbox"/> 4" x 4" sterile gauze pads	<input type="checkbox"/> Comfort/stress foods: cookies, hard candy, sweetened
<input type="checkbox"/> Battery-operated travel alarm clock	<input type="checkbox"/> Roll 3" cohesive bandage	cereals, lollipops, instant
<input type="checkbox"/> Battery-powered camping lantern	<input type="checkbox"/> Vitamins	coffee, tea bags
	<input type="checkbox"/> Germicidal hand wipes or waterless, alcohol-based hand sanitizer	<input type="checkbox"/> Special foods for infants or persons on special diets

Week 26	Clothing and Bedding Supplies	Documents and Keys
First Aid Supplies	<input type="checkbox"/> Complete change of clothes (at least one per person)	<i>Make sure you keep these items in a watertight container</i>
<input type="checkbox"/> Safety pins, assorted sizes	<input type="checkbox"/> Sturdy shoes or boots	<input type="checkbox"/> Personal identification
<input type="checkbox"/> Petroleum jelly or other lubricant	<input type="checkbox"/> Rain gear	<input type="checkbox"/> Cash and coins or traveler's checks
<input type="checkbox"/> First aid manual	<input type="checkbox"/> Hat and gloves	<input type="checkbox"/> Credit cards
<input type="checkbox"/> Tongue depressor blades	<input type="checkbox"/> Extra socks	<input type="checkbox"/> Extra set of house and car keys
<input type="checkbox"/> CPR breathing barrier, such as a face shield	<input type="checkbox"/> Extra underwear	
	<input type="checkbox"/> Thermal underwear	
	<input type="checkbox"/> Sunglasses	
	<input type="checkbox"/> Blanket/sleeping bags and pillows	

