

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble an emergency kit in small steps over a six-month period. Check off each week as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

To get started:

- Check your house for supplies that you already have on hand.
- Decide where you will store supplies.
- Meet with your family to plan.
- Explain how to prepare; explain when and how to respond.
- Discuss what to do if you need to evacuate.
- Practice your plan.

Select foods based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible. Canned meats may include tuna, chicken, raviolis, chili, beef stew, Spam, corned beef, etc.

Information provided free by Sonoma County Emergency Services
www.sonoma-county.org/oes
(707) 565-1152

Feel free to copy this for your friends and family

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water * <input type="checkbox"/> 1 sm jar peanut butter* <input type="checkbox"/> 1 lrg can juice* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> hand-operated can opener <input type="checkbox"/> instant coffee, tea, powdered soft drinks <input type="checkbox"/> permanent marking pen <input type="checkbox"/> 1 gallon of water per pet 	<p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crescent wrench <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> "bungee" cords 	<p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water * <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> sanitary napkins <input type="checkbox"/> video tape <input type="checkbox"/> 1 gallon of water per pet 	<p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plumber's tape <input type="checkbox"/> Crowbar <input type="checkbox"/> Smoke detector with battery 	<p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water * <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 2 rolls toilet paper* <input type="checkbox"/> extra toothbrush* <input type="checkbox"/> travel size toothpaste 	<p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin and/or acetaminophen <input type="checkbox"/> Compresses <input type="checkbox"/> Rolls of gauze or bandages <input type="checkbox"/> First aid tape <input type="checkbox"/> Adhesive bandages-assorted sizes
<p>Also: pet food, diapers and/or baby food if needed.</p>	<p>Also: a leash or carrier for your pet, if needed.</p>	<p>Also: pet food, diapers and/or baby food if needed.</p>	<p>Also: extra medications or a prescription marked "emergency use" if needed.</p>	<p>Also: special food for special diets, if needed.</p>	<p>Also: extra hearing aid batteries, if needed.</p>
<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a family plan <input type="checkbox"/> Date each perishable food item using marking pen. 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check your house for hazards. Secure loose objects that may fly. <input type="checkbox"/> Locate your gas meter and water shutoffs and attach a wrench near them for emergency use. 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use a video camera to tape the contents of your home for insurance purposes. <input type="checkbox"/> Store tape with friend/family member who lives out of town. 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Install or test your smoke detector. <input type="checkbox"/> Tie water heater to wall studs using plumber's tape. 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a fire drill at home. 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans.

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

<p align="center">Week 7</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water * <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <p>Also: extra plastic baby bottles, formula and diapers, if needed.</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Establish an out-of-state contact to call in case of emergency. 	<p align="center">Week 8</p> <p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Antiseptic <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing kit <p>Also: extra eyeglasses, if needed.</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency. 	<p align="center">Week 9</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Plain liquid bleach <input type="checkbox"/> Heavy duty garbage bags <p>Also: saline solution and a contact lens case, if needed.</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Send some of your favorite family photos (or copies) to family members out of state for safekeeping. 	<p align="center">Week 10</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable plastic container (with lid) for important papers <input type="checkbox"/> Portable am/fm radio (with batteries) <p>Also: blankets or sleeping bag for each family member</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make photocopies of important papers and store safely. 	<p align="center">Week 11</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lrg can juice* <input type="checkbox"/> large plastic food bags <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> 3 rolls paper towels <p>Also: sunscreen, if needed.</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Store a roll of quarters or phone card for emergency phone calls. <input type="checkbox"/> Go on a hunt with your family to find a pay phone near home. 	<p align="center">Week 12</p> <p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Latex gloves <input type="checkbox"/> Ipecac syrup and activated charcoal <input type="checkbox"/> Vitamins <p>Also: items for denture care, if needed.</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your family on a field trip to gas and water meter shut off valves. Show them what to do in an emergency.
<p align="center">Week 13</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> Pliers <input type="checkbox"/> Vise grips <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid/CPR class. 	<p align="center">Week 14</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Paper plates <input type="checkbox"/> Eating utensils <input type="checkbox"/> Paper cups <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency. 	<p align="center">Week 15</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra batteries <input type="checkbox"/> Masking tape <input type="checkbox"/> Hammer <input type="checkbox"/> Assorted nails <input type="checkbox"/> Wood screws <input type="checkbox"/> "L" brackets to secure furniture to walls <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Brace shelves and cabinets. 	<p align="center">Week 16</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> heavy duty garbage bags <input type="checkbox"/> Kleenex <input type="checkbox"/> Quick energy snacks (raisins, granola bars) <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out if you have a neighborhood safety organization and join it! 	<p align="center">Week 17</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Graham crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> Dry cereal <input type="checkbox"/> Safety pins <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work. 	<p align="center">Week 18</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> "Child-proof" latches for your cupboards <input type="checkbox"/> Double sided tape or Velcro-type fastener to secure moveable objects <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pack a "go-pack" in case you have to evacuate.
<p align="center">Week 19</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy duty garbage bags <input type="checkbox"/> Quick energy snacks (raisins, granola bars) <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have an earthquake, drill at home. 	<p align="center">Week 20</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Extra radio batteries <p>Also: purchase an emergency escape ladder for second story bedrooms, if needed.</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out about your workplace disaster plans. 	<p align="center">Week 21</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Disposable dust masks <input type="checkbox"/> Screwdriver <input type="checkbox"/> Plastic safety goggles 	<p align="center">Week 22</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra hand operated can opener <input type="checkbox"/> 3 rolls paper towels <input type="checkbox"/> FRS radios for each family member 	<p align="center">Week 23</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Battery powered camping lantern with extra battery or extra flashlights <input type="checkbox"/> Weather Radio with Specific Area Messaging Encoder set for your County 	<p align="center">Week 24</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil

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