The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Your family can assemble an emergency kit in small steps over a six month period. Check off each week as you gather the items. 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.

For more preparedness information go to www.sdhdidaho.org
WEEK 1
Grocery Store
- 1 gallon of water*
- 1 jar of peanut butter*
- 1 large can juice*
- 1 can meat*
- Hand-operated can opener
- Instant coffee, tea, powdered drinks
- Permanent marking pen to mark date on cans (remember 1 gallon of water for each pet)

Also: Pet food, diapers, and/or baby food if needed.

To Do
- Make a family plan
- Date each perishable food item using marking pen

WEEK 2
Hardware Store
- Crescent wrench
- Heavy rope
- Duct tape

Also: A leash or carrier for your pet, if needed.

To Do
- Check your house for hazards
- Locate your gas meter and water shut-offs and attach a wrench near them

WEEK 3
Grocery Store
- 1 gallon of water* (remember 1 gallon of water for each pet)
- 1 can meat*
- 1 can fruit*
- Feminine hygiene products
- Video tape (see below)

Also: Pet food, diapers, and/or baby food, if needed.

To Do
- Use a video camera to tape the contents of your home for insurance purposes
- Store video tape with friend/family member who lives out of town

WEEK 4
Hardware Store
- Plumber’s tape
- Crowbar
- Smoke detector with battery

Also: Extra medications or a prescription marked “emergency use,” if needed.

To Do
- Install or test your smoke detector
- Tie water heater to wall studs using plumber’s tape

WEEK 5
Grocery Store
- 1 gallon of water*
- 1 can meat*
- 1 can fruit*
- 1 can vegetables*
- 2 rolls toilet paper*
- Extra toothbrush*
- Travel size toothpaste

Also: Special food for special diets, if needed.

To Do
- Have a fire drill at home

WEEK 6
First Aid Supplies
- Aspirin and/or acetaminophen
- Compresses
- Rolls of gauze or bandages (in assorted sizes)

Also: Extra hearing aid batteries, if needed.

To Do
- Check with your child’s day care or school to find out about their disaster plans

WEEK 7
Grocery Store
- 1 gallon of water*
- 1 can ready to eat soup (not concentrate)*
- 1 can fruit*
- 1 can vegetables*

Also: Extra plastic baby bottles, formula and diapers, if needed.

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

WEEK 8
First Aid Supplies
- Scissors
- Tweezers
- Antiseptic
- Thermometer
- Liquid hand soap
- Disposable hand wipes
- Sewing kit

Also: Extra eyeglasses, if needed.

To Do
- Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency

WEEK 9
Grocery Store
- 1 gallon of ready-to-eat soup*
- Liquid dish soap
- Plain liquid bleach
- 1 box heavy-duty garbage bags

Also: Saline solution and a contact lens case, if needed.

To Do
- Send some of your favorite family photos (or copies) to family members out-of-state

WEEK 10
Hardware Store
- Waterproof portable plastic container (with lid) for important papers
- Portable AM/FM radio (with batteries)

Also: Blankets or sleeping bag for each family member.

To Do
- Make photocopies of important papers and store safely

WEEK 11
Grocery Store
- 1 large can juice*
- Large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels

Also: Sunscreen, if needed.

To Do
- Store a roll of quarters for emergency phone calls
- Go on a hunt with your family to find a pay phone near home

WEEK 12
First Aid Supplies
- Anti-diarrhea medicine
- Rubbing alcohol
- 2 pair latex gloves
- Ipecac syrup and activated charcoal (for accidental poisoning)

Also: Items for denture care, if needed.

To Do
- Take a family trip to gas meter and water meter shut offs.

*Items marked with an asterisk "*" should be purchased for each member of the household.*