

Preparedness Calendar

This calendar is intended as a tool to help you prepare for disasters before they happen. After you purchase an item or complete an activity, check the box next to it.

Month 1

Purchase	Activities
<input type="checkbox"/> Water: 3 gallons per person and pet	<input type="checkbox"/> Make your family disaster preparedness plan
<input type="checkbox"/> Hand operated can opener and bottle opener	<input type="checkbox"/> Inventory disaster supplies already on hand, especially camping gear
<input type="checkbox"/> Instant drinks (coffee, tea, powdered soft drinks)	<input type="checkbox"/> If you fill your own water containers, date if they are not dated
<input type="checkbox"/> 2 flashlights with batteries	<input type="checkbox"/> Conduct a home hazard hunt

Month 2

Purchase	Activities
<input type="checkbox"/> Canned meat, stew or pasta meals: 5 per person	<input type="checkbox"/> Change battery and test smoke detector (purchase and install a detector if you don't have one)
<input type="checkbox"/> Sanitary napkins	<input type="checkbox"/> Videotape your home, including contents, for insurance purposes. Store the tape with friends or family who live out of town
<input type="checkbox"/> Videotape	
<input type="checkbox"/> Family-sized first aid kit	

Month 3

Purchase	Activities
<input type="checkbox"/> Canned fruit: 3 cans per person	<input type="checkbox"/> Conduct a home fire drill
<input type="checkbox"/> Any foods for special dietary needs (enough for 3 days)	<input type="checkbox"/> Check with your child's daycare or school to find out about their disaster plans
<input type="checkbox"/> 2 rolls of toilet paper per person	<input type="checkbox"/> Locate gas meter and water meter shutoff points and attach/store wrench or shutoff tool near them
<input type="checkbox"/> Crescent wrench(es) for utility shutoff tools	<input type="checkbox"/> Establish an out-of-state contact to call in case of emergency

Your supplies may be stored together in one large container, such as a garbage can on wheels, or several small ones. Food items could be kept on a specific shelf in the pantry.

Month 4

Purchase	Activities
<input type="checkbox"/> Canned vegetables: 4 cans per person	<input type="checkbox"/> Place a sturdy pair of shoes and a flashlight under your bed so that they will be handy during an emergency
<input type="checkbox"/> Extra baby bottles, formula and diapers, if needed	<input type="checkbox"/> Place a supply of prescription medicine(s) and date if not already indicated on its label
<input type="checkbox"/> Extra pet supplies, food, collar, leash	<input type="checkbox"/> Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member
<input type="checkbox"/> Large storage container(s) for preparedness supplies	

Month 5

Purchase	Activities
<input type="checkbox"/> Canned ready-to-eat soup: 2 cans per person	<input type="checkbox"/> Make photocopies of important papers and put in the storage container
<input type="checkbox"/> Liquid dish soap	<input type="checkbox"/> Talk to neighbors to find out who may have skills or training that would be beneficial after a disaster [i.e., first aid, child care, amateur radio, tree removal, small engine repair, heavy equipment operations, wilderness survival, light rescue, carpentry]
<input type="checkbox"/> Plain liquid bleach	
<input type="checkbox"/> Portable am/fm radio (including batteries)	
<input type="checkbox"/> Antibacterial liquid hand soap	
<input type="checkbox"/> Disposable hand wipes	

Month 6

Purchase	Activities
<input type="checkbox"/> Quick-energy snacks (granola bars, raisins, peanut butter)	<input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced (Replace every 6 months if you filled your own containers. Store bought containers will have an expiration date on them)
<input type="checkbox"/> 6 rolls of paper towels	<input type="checkbox"/> Put an extra pair of eyeglasses in the supply container
<input type="checkbox"/> 3 boxes of facial tissue	<input type="checkbox"/> Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Find out about your workplace disaster plans
<input type="checkbox"/> Anti-diarrhea medicine	
<input type="checkbox"/> Latex gloves, 6 pairs (to be put with the first aid kit)	

Examples of Food Items:

- Select based on your family's preferences
- Pick low-salt, water-packed varieties when possible
- Canned meats: tuna, chicken raviolis, chili, stew, Spam, corned beef, etc.
- Vegetables: green beans, corn, peas, beets, baked beans, carrots, etc.
- Fruits: pears, applesauce, mandarin oranges, pineapple, etc.

Month 7

Purchase	Activities
<input type="checkbox"/> Whistle	<input type="checkbox"/> Take a first aid/CPR class
<input type="checkbox"/> ABC fire extinguisher	<input type="checkbox"/> Show family members where and how to shut off the utilities
<input type="checkbox"/> 1 large can of juice per person	<input type="checkbox"/> Identify neighbors who might need help during an emergency, including those with limited mobility or health problems and children who may be home alone
<input type="checkbox"/> Adult and children vitamins	
<input type="checkbox"/> A pair of pliers and/or vice-grips	

Month 8

Purchase	Activities
<input type="checkbox"/> Box of crackers or graham crackers	<input type="checkbox"/> Secure shelves, cabinets, and drawers to prevent them from falling and/or opening during earthquakes
<input type="checkbox"/> Dry cereal	<input type="checkbox"/> Meet with neighbors to inventory expensive equipment that could be shared in the event of an emergency, such as chain saws, chippers/shredders, utility trailers, snow blowers and 4-wheel drive vehicles
<input type="checkbox"/> "Child proof" latches or other fasteners for cabinet doors and drawers	
<input type="checkbox"/> 1 box of large, heavy-duty garbage bags	
<input type="checkbox"/> Camping or utility knife	

Month 9

Purchase	Activities
<input type="checkbox"/> Extra batteries for flashlights, radio, and hearing aids (if needed)	<input type="checkbox"/> Secure water heater to wall studs (if not already done)
<input type="checkbox"/> Heavy rope	<input type="checkbox"/> Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important numbers, quarters for pay phones
<input type="checkbox"/> Duct tape	
<input type="checkbox"/> Crow bar	

Month 10

Purchase	Activities
<input type="checkbox"/> Hammer and assorted nails	<input type="checkbox"/> Make arrangements to have someone help your children if you are at work when an emergency occurs
<input type="checkbox"/> Screw drivers and assorted wood screws	<input type="checkbox"/> Conduct an earthquake drill at home
<input type="checkbox"/> Heavy duty plastic tarps or sheets of visquine	<input type="checkbox"/> Replace prescription medications as required by expiration dates
<input type="checkbox"/> Extra toothbrush per person and toothpaste	

Month 11

Purchase	Activities
<input type="checkbox"/> Package of paper plates	<input type="checkbox"/> Make arrangements to have someone take care of your pets
<input type="checkbox"/> Package of napkins	<input type="checkbox"/> Exchange work, home and emergency contact phone numbers with neighbors for use during an emergency
<input type="checkbox"/> Package of eating utensils	<input type="checkbox"/> Start a neighborhood watch program if none exists
<input type="checkbox"/> Package of paper cups	
<input type="checkbox"/> Masking tape	
<input type="checkbox"/> 1 box kitchen-size garbage bags	

Month 12

Purchase	Activities
<input type="checkbox"/> Heavy work gloves	<input type="checkbox"/> Check the dates on stored food and replace as needed
<input type="checkbox"/> Box of disposable dust masks	<input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced (Replace every 6 months if you filled your own containers. Store bought containers will have an expiration date on them)
<input type="checkbox"/> Safety goggles	
<input type="checkbox"/> Antiseptic	
<input type="checkbox"/> Sewing kit	