

# Family Emergency Supplies Calendar

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 protein item*</li> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> Hand operated can opener</li> <li><input type="checkbox"/> Instant coffee, tea, powdered drinks</li> <li><input type="checkbox"/> Permanent marking pen to mark date on cans, bottles</li> <li><input type="checkbox"/> 1 box large heavy-duty garbage bags</li> </ul> <p><b>To Do:</b> Check your home for hazards.</p>	<p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plumber's tape</li> <li><input type="checkbox"/> Crowbar</li> <li><input type="checkbox"/> Smoke detector with battery</li> <li><input type="checkbox"/> 2 flashlights with batteries</li> </ul> <p><b>Also:</b> Pet leash and/or carrier</p> <p><b>To Do:</b> Pack a "Go Kit" for evacuations. Mark your calendar for 6 months from today to replenish/replace food and water.</p>	<p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 protein item*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> Sanitary napkins</li> <li><input type="checkbox"/> Adult vitamins</li> <li><input type="checkbox"/> 1 box quick energy snacks</li> </ul> <p><b>Also:</b> Pet food, diapers, and baby supplies (remember 1 gallon water for each pet)</p> <p><b>To Do:</b> Locate gas meter and water shutoffs, and have a wrench that fits each.</p>	<p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Crescent wrench</li> <li><input type="checkbox"/> Screwdriver set</li> <li><input type="checkbox"/> Heavy rope</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> Battery powered camping lantern</li> <li><input type="checkbox"/> Bungee cords</li> </ul> <p><b>Also:</b> Extra medications or a prescription marked "Emergency Use"</p> <p><b>To Do:</b> Place a pair of sturdy shoes and a flashlight under each bed so they are handy during an emergency.</p>	<p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water**</li> <li><input type="checkbox"/> 1 protein item**</li> <li><input type="checkbox"/> 1 can fruit**</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 2 rolls toilet paper**</li> <li><input type="checkbox"/> Extra toothbrush*</li> <li><input type="checkbox"/> Extra toothpaste*</li> <li><input type="checkbox"/> Plastic wrap</li> <li><input type="checkbox"/> Aluminum foil</li> </ul> <p><b>Also:</b> Special foods for dietary/medical restrictions</p> <p><b>To Do:</b> Identify evacuation routes for your area.</p>	<p><b>First Aid Supplies:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aspirin or Tylenol</li> <li><input type="checkbox"/> Compresses</li> <li><input type="checkbox"/> Gauze/bandages</li> <li><input type="checkbox"/> First aid tape</li> <li><input type="checkbox"/> Adhesive bandages (assorted sizes)</li> </ul> <p><b>Also:</b> Extra batteries for special medical equipment</p> <p><b>To Do:</b> Teach your family members how to use phones and messaging devices.</p>	<p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hardware to secure heavy or hazardous objects</li> <li><input type="checkbox"/> Heavy work gloves</li> <li><input type="checkbox"/> 1 box disposable dust masks</li> </ul> <p><b>Also:</b> Assorted safety pins</p> <p><b>To Do:</b> Install hardware to secure heavy or hazardous objects.</p>	<p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water**</li> <li><input type="checkbox"/> 1 can ready-to-eat soup*</li> <li><input type="checkbox"/> 1 protein item*</li> <li><input type="checkbox"/> 1 can fruit**</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 can protein item*</li> <li><input type="checkbox"/> 1 can fruit**</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Children's vitamins</li> </ul> <p><b>Also:</b> Any items required for eye care</p> <p><b>To Do:</b> Make an emergency plan with your family</p>

Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
<p><b>First Aid Supplies:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Antiseptic</li> <li><input type="checkbox"/> Liquid hand soap</li> <li><input type="checkbox"/> Hand sanitizer</li> <li><input type="checkbox"/> Disposable hand wipes</li> <li><input type="checkbox"/> Sewing kit</li> </ul> <p><b>Also:</b> Individual eye protection (safety glasses/goggles)</p> <p><b>To Do:</b> Establish an out-of-state contact to call in case of emergency. Inform your emergency contacts of this situation.</p>	<p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready-to-eat soup*</li> <li><input type="checkbox"/> 1 protein item*</li> <li><input type="checkbox"/> 1 can vegetables</li> <li><input type="checkbox"/> 1 box graham crackers</li> <li><input type="checkbox"/> Liquid dish soap</li> <li><input type="checkbox"/> Liquid bleach</li> <li><input type="checkbox"/> 1 box heavy-duty garbage bags</li> </ul> <p><b>Also:</b> Assemble some games for you and your family to play as well as individual games.</p> <p><b>To Do:</b> Plan and practice exit drills in the home.</p>	<p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof portable plastic container for important papers</li> <li><input type="checkbox"/> Portable AM/FM radio and batteries</li> </ul> <p><b>Also:</b> blankets or sleeping bags for each family member</p> <p><b>To Do:</b> Check with your child's day care or school for their disaster plan. Arrange for family, friends or neighbors to help your children if you are at work.</p>	<p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> Large plastic food bags</li> <li><input type="checkbox"/> 1 box quick energy snacks (power bars)</li> <li><input type="checkbox"/> 3 rolls paper towels</li> <li><input type="checkbox"/> Facial tissues</li> </ul> <p><b>To Do:</b> Sign up for First Aid/CPR class and Community Emergency Response Team or Neighborhood Emergency Team training courses (CERT or NET).</p>	<p><b>First Aid Supplies:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Anti-diarrhea medicine</li> <li><input type="checkbox"/> Rubbing alcohol</li> <li><input type="checkbox"/> Ipecac syrup and activated charcoal (for accidental poisoning)</li> <li><input type="checkbox"/> Sunscreen</li> </ul> <p><b>To Do:</b> Find out if you have a neighborhood safety organization and join it. Plan to check on a neighbor who might need help during an emergency.</p>	<p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> ABC fire extinguisher</li> <li><input type="checkbox"/> Pliers</li> <li><input type="checkbox"/> Vise grips</li> <li><input type="checkbox"/> Camping or utility knife</li> <li><input type="checkbox"/> Extra batteries</li> </ul> <p><b>Also:</b> Purchase an emergency escape ladder for any second story bedrooms.</p> <p><b>To Do:</b> Find out about your workplace emergency plans.</p>	<p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can fruit**</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 protein item*</li> <li><input type="checkbox"/> 1 package eating utensils</li> <li><input type="checkbox"/> 1 package paper cups</li> <li><input type="checkbox"/> 3 rolls paper towels</li> <li><input type="checkbox"/> 2 rolls toilet paper*</li> </ul> <p><b>Also:</b> Assorted plastic containers with lids for storage</p> <p><b>To Do:</b> Subscribe to local community alert services.</p>	<p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra flashlight batteries</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> Hammer</li> <li><input type="checkbox"/> Assorted nails</li> </ul> <p><b>To Do:</b> Photocopy important papers and store them safely. Determine if there is an out-of-state family member or other secure storage place to put copies of your important papers.</p>

\*Per person in the household

Calendar provided by Multnomah County Emergency Management, Portland