

26 Week Family Emergency Preparedness Plan

Week 1	Week 2	Week 3	Week 4	Week 5
Grocery Store	Hardware Store	Grocery Store	Hardware Store	Grocery Store
1 gal water*	crescent wrench	1gal of water*	Plumber's tape	1 gal water*
1 sm jar peanut butter*	heavy rope	1 can fruit*	crowbar	1 can fruit*
1 lrg can juice*	duct tape	1 can meat*	smoke detector with battery	1 can meat*
1 can meat*	2 flashlights with batteries	sanitary napkins		1 can vegetables*
hand-operated can opener	bungee cords	video tape	Also, extra medication or a prescription marked "emergency use", if needed	2 rolls toilet paper*
instant coffee, tea, powdered soft drinks	Also, a leash or carrier for your pet, if needed.	1 gal water for per pet		extra toothbrush*
permanent marking pen				travel size toothpaste
1 gal water per pet		Also, pet food, diapers and/or baby food, if needed		Also, special food for special diets, if needed
Also, pet food, diapers and/or baby food, if needed				
To Do	To Do	To Do	To Do	To Do
make a family plan	1. check your house for hazards. Secure loose objects that may become airborne during an earthquake.	1. Use a video or digital camera to record the contents of your home for insurance purposes	1. Install or test your smoke detector.	Have a fire drill at home
date each perishable food item using marking pen	2. Locate your gas meter and water shutoffs and attach a wrench near them for emergency use.	2. Store video or memory stick with a friend/family member who lives out of town.	2. Tie water heater to wall studs using plumber's tape	* each item marked with * should be purchased for each member of the household
* each item marked with * should be purchased for each member of the household	Also, a leash or carrier for your pet, if needed.	* each item marked with * should be purchased for each member of the household		

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Week 6	Week 7	Week 8	Week 9
First Aid Supplies	Grocery Store	First Aid Supplies	Grocery Store
aspirin and/or acetaminophen	1 gal water*	scissors	1 can ready-to-eat soup*
compresses	1 can ready to eat soup*	tweezers	liquid dish soap
rolls of gauze or bandages	1 can fruit*	antiseptic	plain liquid bleach
first aid tape	1 can vegetables*	thermometer	heavy duty garbage bags
adhesive bandages, assorted sizes		liquid hand soap	
Also, extra hearing aid batteries, if needed	Also, extra plastic baby bottles, formula and diapers, if needed	disposable hand wipes	Also, saline solution and a contact lens case, if needed
		sewing kit	
		Also, extra eyeglasses, if needed	
To Do	To Do	To Do	To Do
Check with your child's day care or school to find out about their disaster plan.	Establish an out-of-state contact to call in case of emergency	Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency	Send some of your favorite family photos (or copies) to family members out of state for safekeeping.
	* each item marked with * should be purchased for each member of the household		* each item marked with * should be purchased for each member of the household

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Week 10	Week 11	Week 12	Week 13	Week 14
Hardware Store	Grocery Store	First Aid Supplies	Hardware Store	Grocery Store
waterproof portable plastic container (with lid) for important papers	1 large can juice*	anti-diarrhea medicine	whistle	1 can fruit*
Portable am/fm radio (with batteries)	large plastic food bags	rubbing alcohol	ABC fire extinguisher	1 can meat*
	1 box quick energy snacks	latex gloves	pliers	1 can vegetables*
Also, blankets or sleeping bag for each family member	3 rolls paper towels	ipecac syrup and activated charcoal	vise grips	paper plates
		vitamins		eating utensils
	Also, sunscreen, if needed	Also, items for denture care, if needed		paper cups
To Do	To Do	To Do	To Do	To Do
Make photocopies of important papers and store safely	1. Store a roll of quarters or a phone card for emergency phone calls	Take your family on a field trip to gas and water meter shut off valves. Show them what to do in an emergency.	Take a first aid/CPR class	Make a plan to check on a neighbor who might need help in an emergency
	2. Go on a hunt with your family to find a pay phone near home.			* each item marked with * should be purchased for each member of the household
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26 Week Family Emergency Prepare

Week 15	Week 16	Week 17	Week 18
Hardware Store	Grocery Store	Grocery Store	Hardware Store
extra batteries	1 can meat*	graham crackers	"Child proof" latches on your cupboards
masking tape	1 can vegetables*	assorted plastic containers with lids	double-sided tape or Velcro-type fastener to secure moveable objects
hammer	heavy duty garbage bags	dry cereal	
assorted nails	kleenex	safety pins	
wood screws	quick energy snacks (raisins, granola bars)*		
"L" brackets to secure furniture to walls			
To Do	To Do	To Do	To Do
Brace shelves and cabinets	Find out if you have a neighborhood safety organization and join it!	Arrange for a friend or neighbor to help your children if you are at work	Pack a "go-pack" in case you have to evacuate
	* each item marked with * should be purchased for each member of the household		

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26 Week Family Emergency Prepar

Week 19	Week 20	Week 21	Week 22	Week 23
Grocery Store	Hardware Store	Hardware Store	Grocery Store	Hardware Store
heavy duty garbage bags	camping or utility knife	heavy work gloves	extra hand operated can opener	battery powered camping lantern with extra batteries or extra flashlights
quick energy snacks (raisins, granola bars)*	extra radio batteries	disposable dust masks	3 rolls paper towels	weather radio with specific area messaging encoder set for your county
		screwdriver	FRS radios for each family member	
	Also, purchase and emergency escape ladder for second story bedrooms, if needed	plastic safety goggles		
To Do	To Do			
Have an earthquake drill at home	Find out about your workplace disaster plans			

Preparedness Plan

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Week 24	Week 25	Week 26
Grocery Store		
large plastic food bags	change of clothing for each family member	Inventory supplies
plastic wrap	large bucket to use as a toilet	make a chart as reminder to rotate perishable supplies and change water every six months.
aluminum foil	games, crossword puzzles, books	
	To Do	
	practice evacuation plan	