

20 WEEKS TO PREP

a weekly guide to build an emergency kit

Week 1	Week 2
<p data-bbox="186 336 349 367">Grocery list</p> <ul data-bbox="186 399 738 661" style="list-style-type: none"><input type="checkbox"/> 1 gallon of water (per person)<input type="checkbox"/> 1 jar of peanut butter<input type="checkbox"/> 1 powder juice mix (per person)<input type="checkbox"/> 1 canned/dried meat (per person)<input type="checkbox"/> (optional) Baby Food/Diapers & Pet Food <p data-bbox="186 682 300 714">Task list</p> <ul data-bbox="186 745 706 819" style="list-style-type: none"><input type="checkbox"/> Date each perishable food item with a marking pen	<p data-bbox="820 336 998 367">Hardware list</p> <ul data-bbox="820 399 1307 724" style="list-style-type: none"><input type="checkbox"/> heavy cotton rope/para-cord<input type="checkbox"/> duct tape<input type="checkbox"/> 2 flashlights (solar/crank/battery)<input type="checkbox"/> matches in waterproof container<input type="checkbox"/> solar/crank/battery-powered radio<input type="checkbox"/> (optional) leash/carrier for your pet
Week 3	Week 4
<p data-bbox="186 915 349 947">Grocery list</p> <ul data-bbox="186 978 690 1470" style="list-style-type: none"><input type="checkbox"/> 1 gallon of water (per person)<input type="checkbox"/> 1 canned/dried meat (per person)<input type="checkbox"/> 1 canned/dried fruit (per person)<input type="checkbox"/> feminine hygiene supplies<input type="checkbox"/> paper and pencils<input type="checkbox"/> maps of your area & town<input type="checkbox"/> aspirin or non-aspirin pain reliever<input type="checkbox"/> laxative<input type="checkbox"/> (optional) 1 gal of water for each pet	<p data-bbox="820 915 998 947">Hardware list</p> <ul data-bbox="820 978 1388 1249" style="list-style-type: none"><input type="checkbox"/> tire patch kit (for mobility aids)<input type="checkbox"/> can of tire sealant (for mobility aids)<input type="checkbox"/> signal flares<input type="checkbox"/> (optional) pick-up extra medication or prescriptions – mark for “emergency use” and date them <p data-bbox="820 1270 933 1302">Task list</p> <ul data-bbox="820 1333 1388 1449" style="list-style-type: none"><input type="checkbox"/> create a disaster plan; include emergency and medical information, contacts and supplies lists.

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<p style="text-align: center;">Week 5</p> <p>Grocery list</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 gallon of water (per person)<input type="checkbox"/> 1 canned/dried meat (per person)<input type="checkbox"/> 1 canned vegetables (per person)<input type="checkbox"/> 1 canned/dried fruit (per person)<input type="checkbox"/> 2 rolls of toilet paper<input type="checkbox"/> toothbrush & travel size toothpaste (per person)<input type="checkbox"/> (optional) foods for special diets <p>Task list</p> <ul style="list-style-type: none"><input type="checkbox"/> Make a floor plan of your home, including primary escape routes.<input type="checkbox"/> Identify safe places to go in case of disaster.	<p style="text-align: center;">Week 6</p> <p>First aid supplies</p> <ul style="list-style-type: none"><input type="checkbox"/> sterile adhesive bandages (assorted sizes)<input type="checkbox"/> adhesive Tape<input type="checkbox"/> vinyl gloves<input type="checkbox"/> sunscreen<input type="checkbox"/> gauze Pads (assorted sizes)<input type="checkbox"/> sterile roller bandages<input type="checkbox"/> (optional) hearing aid batteries <p>Task list</p> <ul style="list-style-type: none"><input type="checkbox"/> Check with your child's school or day care, or family member's nursing home and find out about their disaster plan
<p style="text-align: center;">Week 7</p> <p>Grocery List</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 gallon of water (per person)<input type="checkbox"/> 1 can ready-to-eat-soup (per person)<input type="checkbox"/> 1 canned/dried fruit (per person)<input type="checkbox"/> sewing kit<input type="checkbox"/> disinfectant<input type="checkbox"/> (optional) baby bottles, formula & diapers <p>Task list</p> <ul style="list-style-type: none"><input type="checkbox"/> Establish an out-of-town contact to call during a disaster. Be sure your family members know who to call when disaster strikes.	<p style="text-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"/> thermometer<input type="checkbox"/> liquid anti-bacterial hand-gel<input type="checkbox"/> disposable hand wipes<input type="checkbox"/> needles<input type="checkbox"/> (optional) extra eyeglasses and case for first aid kit <p>Task list</p> <ul style="list-style-type: none"><input type="checkbox"/> Keep a pair of sturdy shoes and flashlight by your bed. They can be handy during an emergency.

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<p style="text-align: center;">Week 9</p> <p>Grocery List</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 can ready-to-eat-soup (per person)<input type="checkbox"/> liquid dish soap bottle<input type="checkbox"/> chlorine bleach<input type="checkbox"/> 1 box heavy-duty garbage bags<input type="checkbox"/> antacid<input type="checkbox"/> (optional) saline solution and contact lens case	<p style="text-align: center;">Week 10</p> <p>Hardware list</p> <ul style="list-style-type: none"><input type="checkbox"/> waterproof portable plastic container for important papers<input type="checkbox"/> tools to turn off utilities <p>Task list</p> <ul style="list-style-type: none"><input type="checkbox"/> become familiar with gas and water meter shutoffs<input type="checkbox"/> attach a wrench next to the valve<input type="checkbox"/> make copies of important papers and store in container<input type="checkbox"/> keep a stash of emergency cash – use small bill amounts
<p style="text-align: center;">Week 11</p> <p>Grocery list</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 large can juice (per person)<input type="checkbox"/> 1 box large plastic food bags<input type="checkbox"/> 1 box snacks<input type="checkbox"/> 3 rolls toilet paper<input type="checkbox"/> medicine dropper <p>Task list</p> <ul style="list-style-type: none"><input type="checkbox"/> store extra cell phone charger in kit<input type="checkbox"/> test smoke detector and replace battery if needed	<p style="text-align: center;">Week 12</p> <p style="text-align: center;">Choose and option</p> <p>Animal care supplies</p> <ul style="list-style-type: none"><input type="checkbox"/> Extra harness, leash, ID tags<input type="checkbox"/> Pet food and food dish<input type="checkbox"/> Extra water<input type="checkbox"/> Vet records of vaccinations and medications for your pets <p>Check your kit</p> <ul style="list-style-type: none"><input type="checkbox"/> 4 gallons of water (per person)<input type="checkbox"/> 3 cans canned/dried fruit & meats (per person)<input type="checkbox"/> First aid supplies<input type="checkbox"/> Copies of important documents<input type="checkbox"/> Flashlights and radio

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<p style="text-align: center;">Week 13</p> <p>Hardware supplies</p> <ul style="list-style-type: none"><input type="checkbox"/> whistle<input type="checkbox"/> pliers<input type="checkbox"/> screwdriver<input type="checkbox"/> hammer	<p style="text-align: center;">Week 14</p> <p>Grocery list</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 can fruit (per person)<input type="checkbox"/> 1 can meat (per person)<input type="checkbox"/> 1 can vegetables (per person)<input type="checkbox"/> 1 non-perishable treat [like candy] (per person)<input type="checkbox"/> 1 package eating utensils and disposable cups <p>Task list</p> <ul style="list-style-type: none"><input type="checkbox"/> Practice evacuating your home with your family - make sure everyone knows where to meet
<p style="text-align: center;">Week 15</p> <p>Hardware supplies</p> <ul style="list-style-type: none"><input type="checkbox"/> extra flashlight (solar/crank/battery)<input type="checkbox"/> extra batteries for kit supplies<input type="checkbox"/> assorted size nails<input type="checkbox"/> wood screws<input type="checkbox"/> (optional) labels for your equipment/supplies <p>Task list</p> <ul style="list-style-type: none"><input type="checkbox"/> Have bookcases and cabinets bolted to wall studs	<p style="text-align: center;">Week 16</p> <p>Grocery list</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 box snacks<input type="checkbox"/> 1 can meat (per person)<input type="checkbox"/> 1 can vegetables (per person)<input type="checkbox"/> 1 box facial tissues<input type="checkbox"/> Dried fruits and/or nuts<input type="checkbox"/> (optional) snacks for infant/toddler

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Week 17	Week 18
<p data-bbox="188 338 347 369">Grocery list</p> <ul data-bbox="188 401 678 548" style="list-style-type: none"><li data-bbox="188 401 516 432">☐ 1 box graham crackers<li data-bbox="188 457 678 489">☐ assorted plastic containers with lids<li data-bbox="188 514 461 546">☐ 2 dry cereal boxes <p data-bbox="188 573 418 604">First aid supplies</p> <ul data-bbox="188 636 542 783" style="list-style-type: none"><li data-bbox="188 636 542 667">☐ anti-diarrhea medication<li data-bbox="188 693 428 724">☐ rubbing alcohol<li data-bbox="188 749 358 781">☐ antiseptic	<p data-bbox="824 338 1008 369">Hardware list</p> <ul data-bbox="824 401 1365 642" style="list-style-type: none"><li data-bbox="824 401 1138 432">☐ Plastic bucket with lid<li data-bbox="824 457 1065 489">☐ Plastic sheeting<li data-bbox="824 514 1073 546">☐ Roll of duct tape<li data-bbox="824 573 1365 642">☐ (optional) blanket or sleeping bag (1 per person)
Week 19	Week 20
<p data-bbox="188 882 347 913">Grocery list</p> <ul data-bbox="188 945 602 1207" style="list-style-type: none"><li data-bbox="188 945 396 976">☐ 1 box snacks<li data-bbox="188 1001 602 1033">☐ comfort foods (cookies/chips)<li data-bbox="188 1058 386 1089">☐ plastic wrap<li data-bbox="188 1115 407 1146">☐ aluminum foil<li data-bbox="188 1171 597 1203">☐ (optional) denture care items <p data-bbox="188 1230 302 1262">Task list</p> <ul data-bbox="188 1293 748 1398" style="list-style-type: none"><li data-bbox="188 1293 748 1398">☐ Be sure you are covered! Check with your insurance agent about your levels of coverage	<p data-bbox="824 882 1008 913">Hardware list</p> <ul data-bbox="824 945 1390 1293" style="list-style-type: none"><li data-bbox="824 945 1008 976">☐ Utility knife<li data-bbox="824 1001 1024 1033">☐ Work gloves<li data-bbox="824 1058 1052 1089">☐ Safety goggles<li data-bbox="824 1115 1016 1146">☐ Dust masks<li data-bbox="824 1171 1092 1203">☐ USB storage drive<li data-bbox="824 1230 1390 1293">☐ (optional) emergency escape ladder if you have upper story <p data-bbox="824 1323 938 1354">Task list</p> <ul data-bbox="824 1386 1377 1543" style="list-style-type: none"><li data-bbox="824 1386 1377 1449">☐ Use camera to take photos/video of your home contents<li data-bbox="824 1480 1357 1543">☐ Make a copy and sent to an out-of-area friend/family member.