

# 20 weeks TO PREPAREDNESS

## DEVELOP AN EMERGENCY KIT



**SAFEGUARD**  
**IOWA**  
PARTNERSHIP

This emergency supplies calendar is intended to help you prepare for emergencies before they happen. Using the calendar, you can assemble an emergency supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies by the expiration date. Suggested food purchases would provide meals for approximately three to five days.



[www.safeguardiowa.org](http://www.safeguardiowa.org)

### week 1

place in storage bin:

- 1 gallon of water per person per day
- Cellphone charger
- Battery-powered standard AM/FM radio and batteries or weather radio
- Flashlight/batteries
- Protein bars

personalized item: (if applicable)

- Diapers and essential medications
- Car adapter for small electronics

to do:

- Develop/update family communications plan

### week 2

place in storage bin:

- 1 gallon of water per person per day
- First-aid kit, or gather Band-Aids, antibiotic ointment, nitrile latex gloves and gauze pads
- 1 package of toilet paper
- Dried fruit and/or nuts

personalized item: (if applicable)

- Baby food

to do:

- Find natural gas and water shut-offs. Place appropriate wrench near valves.

### week 3

place in storage bin:

- 1 gallon of water per person per day
- Cash, in small denominations
- Disposable wipes
- Crackers and peanut butter and jelly

personalized item: (if applicable)

- Baby bottles and formula

to do:

- Scan or make copies of birth certificates, licenses and passports. Store in a plastic bag, on a thumb drive or send to an email account that is accessible from anywhere.

### week 4

place in storage bin:

- Five gallon bucket with lid
- Plastic tarp
- Work gloves
- Ready-to-eat meals

personalized item: (if applicable)

- Special diet foods

to do:

- Arrange for emergency care for children, elders and/or pets.

### week 5

place in storage bin:

- Disposable dust mask (one per person)
- Travel sized shampoo, body wash and deodorant
- Manual can opener
- Canned vegetables (one can for every two people)
- Mirror

personalized item: (if applicable)

- Hearing aid batteries

to do:

- Scan or make copies of health care information, including vaccination records, prescription information and insurance. Store in a plastic bag, on a thumb drive or send to an email account that is accessible from anywhere.

### week 6

place in storage bin:

- Duct tape
- Toothbrush, toothpaste, floss and hairbrush for all family members
- Unscented liquid household bleach for water purification
- Canned meat (one can for every two people)

personalized item: (if applicable)

- Contact lens solution

to do:

- Practice alternate methods of evacuation.

### week 7

place in storage bin:

- Disposable eating utensils
- Camp-style stove, fuel and matches in a waterproof container
- Disposable plates and heavy duty garbage bags
- Canned soup (one can per person)

personalized item: (if applicable)

- Denture supplies

to do:

- Purchase and/or install emergency escape ladders, if necessary.

### week 8

place in storage bin:

- Extra batteries for flashlight and radio
- Pan to use on camp-style stove
- Bleach
- Pain reliever e.g. aspirin, ibuprofen and acetaminophen
- Canned fruit (one can for every two people)

personalized item: (if applicable)

- Pet food

to do:

- Send video contents of home to email or store a copy of the video in an alternate location.

### week 9

place in storage bin:

- Extra flashlight
- Whistle
- Paper towels
- Granola and/or snack bars
- Large, clear, empty plastic jar, such as mayonnaise, and a candle to fit inside

personalized item: (if applicable)

- Pet leash and crate
- Make copies of pet vaccination and/or prescription information

to do:

- Install smoke and carbon monoxide alarms. Test the alarms.

## week 10

### place in storage bin:

- 1 gallon of water per person per day
- Dishwashing liquid
- Thermometer and tweezers
- Cereal (one box for every four people)
- Collapsible shovel

### personalized item: (if applicable)

- Water for pet

### to do:

- Establish out-of-town contacts.

## week 11

### place in storage bin:

- 1 gallon of water per person per day
- Paper, pen, pencil and scissors
- Sunscreen
- Protein bars

### personalized item: (if applicable)

- Litter pan

### to do:

- Determine signal with family and friends to be used to communicate safety.

## week 12

### place in storage bin:

- 1 gallon of water per person per day
- Laxative/antiarrheal medicines
- Rolled bandages and safety pins
- Dried fruit and/or nuts

### personalized item: (if applicable)

- Extra battery for motorized mobility aid

### to do:

- Make copies of credit and debit card account information. Store in a plastic bag.

## week 13

### place in storage bin:

- Fire extinguisher
- Antacid
- Hammer and nails
- Crackers and peanut butter and jelly

### personalized item: (if applicable)

- Extra prescription glasses

### to do:

- Review and finish video task.

## week 14

### place in storage bin:

- An extra pair of sturdy shoes per person
- Screwdriver
- Safety goggles
- Ready-to-eat meals

### personalized item: (if applicable)

- Extra keys to the house

### to do:

- Prepare emergency car kit.

## week 15

### place in storage bin:

- One towel per person
- Pliers
- Hard hat
- Canned vegetables (one can for every two people)

### to do:

- Extra keys to the car

## week 16

### place in storage bin:

- Disinfectant
- Crowbar
- Utility knife
- Canned meat (one can for every two people)

### personalized item: (if applicable)

- Toys

## week 17

### place in storage bin:

- An extra set of clothes per person
- Petroleum jelly
- Kleenex
- Canned soup (one can per person)

### personalized item: (if applicable)

- Family photo

## week 18

### place in storage bin:

- Rain gear
- Rubbing alcohol
- Adhesive tape
- Canned fruit (one can for every two people)

### personalized item: (if applicable)

- Talking clock for visually impaired

## week 19

### place in storage bin:

- Cash, in small denominations
- Sleeping bag and/or blanket for each person
- Map of local area
- Granola and/or snack bars

### personalized item: (if applicable)

- Extra cane for visually impaired

## week 20

### place in storage bin:

- Sewing kit
- Signal flare and compass
- Liquid detergent and hand soap
- Cereal (one box for every four people)

## family

### communications plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Out-of-Town Contact Name:

\_\_\_\_\_

Email:

\_\_\_\_\_

Telephone Number:

\_\_\_\_\_

Telephone Number:

\_\_\_\_\_