

*Granada Hills South*



*Neighborhood Council*

## Twenty Weeks to Preparedness

Building a Disaster Supplies Kit:  
A 20-Week Checklist



A Partnership for  
Preparedness Initiative

## Week 1

### Grocery Store:

- 1 gallon water\*
- 1 jar peanut butter
- 1 large can juice\*
- 1 can meat\*
- Hand-Operated can opener
- Permanent marking pen

ALSO: pet food, diapers, and baby food if needed

### To Do:

- Find out what kinds of disasters can happen in your area
- Date each perishable food item using the marking pen

\* Purchase one for each member of the family

## Medical Information

*Please complete this form and distribute copies to your emergency contact people as well as each member in your network:*

Primary Physician:

Telephone Number:

Address:

Hospital Affiliation:

Type of Health Insurance:

Policy Number:

Blood Type:

Allergies and Sensitivities:

Medications and Dosages Being Taken:

Specific Medical Conditions:

Physical and Cognitive Difficulties/Limitations:

## Emergency Information

*Please complete this form and distribute copies to your emergency contact people, as well as to each member in your network.*

Name:

Address:

Birth Date:

Telephone Number:

Local Emergency Contact Person:

Contact Person's Numbers:

Network Members:

Network Members Contact Info:

Out-of-Town Contact:

Out-of-Town Contact's Numbers:

## Week 2

Hardware Store:

- Heavy cotton or hemp rope
- Duct tape
- 2 flashlights with batteries
- Matches in waterproof container
- Battery-powered radio

ALSO: a leash or carrier for your pet

To Do:

- Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment

## Week 3

### Grocery Store:

- 1 gallon water\*
- 1 can fruit\*
- 1 can meat\*
- Feminine hygiene supplies
- Paper and pencils
- Map of your town
- Aspirin or non-aspirin pain reliever
- Laxative

ALSO: 1 gallon of water for each pet

### To Do:

- Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster

## Week 20

### Hardware Store:

- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust masks
- 2 blank videocassettes

### Specialty Store:

- Get an extra battery for motorized mobility aids

### To Do:

- Use a video camera to tape the contents of your home for insurance purposes
- Make a copy of the videotape and send to an out-of-town friend or family member

## Week 19

### Grocery Store:

- 1 box snacks
- Comfort foods (such as cookies, candy bars, chips)
- Plastic wrap
- Aluminum foil

ALSO: denture care items, if needed.

### To Do:

- Review your insurance coverage with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed
- Purchase and install an emergency escape ladder for upper story windows, if needed.

## Week 4

### Hardware Store:

- Patch kit and can of tire sealant for the tires of mobility aids
- Signal flare
- Compass

ALSO: extra medications or prescriptions marked for "emergency use."

### To Do:

- Develop a personal disaster plan
- Give copies of the following lists to your network: emergency information list, medical information contacts, disability related supplies and special equipment list, and personal disaster plan

## Week 5

### Grocery Store:

- 1 gallon water\*
- 1 can fruit\*
- 1 can meat\*
- 1 can vegetables\*
- 2 rolls toilet paper
- Extra toothbrush
- Travel size toothpaste

ALSO: food for special diets, if needed

### To Do:

- Make a floor plan of your home including primary escape routes
- Identify safe places to go in case of a disaster
- Practice a fire drill and earthquake drill with your network

## Week 18

### Hardware Store:

- "Childproof" latches or other fasteners for your cupboards
- Double-sided tape or hook-and-loop fasteners (such as Velcro) to secure moveable objects
- Plastic bucket with tight lid
- Plastic sheeting

### To Do:

- Arrange for someone to install latches on cupboards and secure moveable objects
- Put away a blanket or sleeping bag for each household member

## Week 17

### Grocery Store:

- 1 box graham crackers
- Assorted plastic containers with lids
- Dry cereal

### First Aid Supplies:

- Antidiarrheal medication
- Rubbing alcohol
- Antiseptic
- Syrup of ipecac and activated charcoal

### To Do:

- Arrange for a friend or neighbor to help with your children if you are not able to respond or are at work

## Week 6

### First Aid Supplies:

- Sterile adhesive bandages in assorted sizes
- Adhesive tape
- Latex gloves
- Sunscreen
- Gauze pads
- Sterile roller bandages

ALSO: extra hearing aid batteries, if needed

### To Do:

- Check with child's day care center or school to find out about their disaster plan
- Ask your local emergency management office if emergency transportation services are available in case of evacuation

## Week 7

### Grocery Store:

- 1 gallon water\*
- 1 can ready-to-eat soup (not concentrated)\*
- 1 can fruit\*
- 1 can vegetables\*
- Sewing kit
- Disinfectant

ALSO: extra plastic baby bottles, formula, and diapers, if needed.

### To Do:

- Establish an out-of-town contact to call in case of emergency
- Share this information with your network so they know whom to call
- Make arrangements for your network to check on you immediately after a disaster

## Week 16

### Grocery Store:

- 1 box snacks
- 1 can meat\*
- 1 can vegetables\*
- 1 box facial tissues
- Dried fruit/nuts

### To Do:

- Find out if you have a neighborhood safety organization and join it
- Develop a disaster supplies kit for your car or van
- Find out about your workplace disaster plan



## Week 15

### Hardware Store:

- Extra flashlight batteries
- Extra battery for portable radio
- Assorted nails
- Wood screws
- Labels for your equipment and supplies

### To Do:

- Make arrangements to bolt bookcases and cabinets to wall studs
- Label equipment and attach instruction cards

## Week 8

### First Aid Supplies:

- Scissors
- Tweezers
- Thermometer
- Liquid antibacterial hand-soap
- Disposable hand wipes
- Needles
- Petroleum jelly or other lubricant
- 2 tongue blades

ALSO: extra eyeglasses, if needed. Put in first aid kit.

### To Do:

- Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency

## Week 9

### Grocery Store:

- 1 can ready-to-eat soup (not concentrated)\*
- Liquid dish soap
- Household chlorine bleach
- 1 box heavy-duty garbage bags with ties
- Antacid (for stomach upset)

ALSO: saline solution and a contact lens case, if needed.

### To Do:

- Choose a signal with your network that indicates you are okay and have left the disaster site
- If you have a communication disability, store a word board in kit

## Week 14

### Grocery Store:

- 1 can fruit\*
- 1 can meat\*
- 1 can vegetables\*
- 1 package eating utensils
- 1 package paper cups
- 1 treat (non-perishable, such as candy or chips)\*

### To Do:

- Make sure your network and neighbors know what help you may need in an emergency and how to best assist
- Practice using alternate methods of evacuation with your network

## Week 13

### Hardware Store:

- Whistle
- Pliers
- Screwdriver
- Hammer
- Perforated metal tape  
(sometimes called plumbers  
tape or strap iron)

### To Do:

- Take a First Aid/CPR class from  
your local Red Cross
- Arrange to have your water  
heater strapped to wall studs  
using perforated metal tape.

## Week 10

### Hardware Store:

- Waterproof portable plastic  
container (with lid) for  
important papers
- Wrench(es) needed to turn off  
utilities

### To Do:

- Take your network on a field  
trip to the gas meter and water  
meter shutoffs. Discuss when it  
is appropriate to turn off utilities
- Attach a wrench next to the  
cutoff valve of each utility meter  
so it will be there when needed
- Make photocopies of important  
papers and store safely
- Establish a stash of emergency  
funds in case of disaster

## Week 11

### Grocery Store:

- 1 large can juice\*
- Large plastic food bags
- 1 box snacks
- 3 rolls paper towels
- Medicine dropper

### To Do:

- Store a roll of quarters for emergency phone calls
- Go on a hunt with your family to find a pay phone that is close to your home
- Test your smoke detector(s). Replace the battery in each detector that does not work.

## Week 12

### Animal Care Store:

- Extra harness, leash, ID tags, and food for your service animal and/or pets
- Litter/pan
- Extra water

### Veterinarian:

- Obtain current vaccinations and medical records of your animal(s).
- Medications

### To Do:

- Develop a pet care plan in case of disaster
- Make photocopies of all vaccination records and put in kit
- Put all purchases into kit