

# 20 WEEKS TO PREP

## a weekly guide to build an emergency kit

<p style="text-align: center;"><b>Week 1</b></p> <p>Grocery list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 gallon of water (per person)</li><li><input type="checkbox"/> 1 jar of peanut butter</li><li><input type="checkbox"/> 1 powder juice mix (per person)</li><li><input type="checkbox"/> 1 canned/dried meat (per person)</li><li><input type="checkbox"/> (optional) Baby Food/Diapers &amp; Pet Food</li></ul> <p>Task list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Date each perishable food item with a marking pen</li></ul>	<p style="text-align: center;"><b>Week 2</b></p> <p>Hardware list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> heavy cotton rope/para-cord</li><li><input type="checkbox"/> duct tape</li><li><input type="checkbox"/> 2 flashlights (solar/crank/battery)</li><li><input type="checkbox"/> matches in waterproof container</li><li><input type="checkbox"/> solar/crank/battery-powered radio</li><li><input type="checkbox"/> (optional) leash/carrier for your pet</li></ul>
<p style="text-align: center;"><b>Week 3</b></p> <p>Grocery list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 gallon of water (per person)</li><li><input type="checkbox"/> 1 canned/dried meat (per person)</li><li><input type="checkbox"/> 1 canned/dried fruit (per person)</li><li><input type="checkbox"/> feminine hygiene supplies</li><li><input type="checkbox"/> paper and pencils</li><li><input type="checkbox"/> maps of your area &amp; town</li><li><input type="checkbox"/> aspirin or non-aspirin pain reliever</li><li><input type="checkbox"/> laxative</li><li><input type="checkbox"/> (optional) 1 gal of water for each pet</li></ul>	<p style="text-align: center;"><b>Week 4</b></p> <p>Hardware list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> tire patch kit (for mobility aids)</li><li><input type="checkbox"/> can of tire sealant (for mobility aids)</li><li><input type="checkbox"/> signal flares</li><li><input type="checkbox"/> (optional) pick-up extra medication or prescriptions – mark for “emergency use” and date them</li></ul> <p>Task list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> create a disaster plan; include emergency and medical information, contacts and supplies lists.</li></ul>

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<p style="text-align: center;"><b>Week 5</b></p> <p>Grocery list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 gallon of water (per person)</li><li><input type="checkbox"/> 1 canned/dried meat (per person)</li><li><input type="checkbox"/> 1 canned vegetables (per person)</li><li><input type="checkbox"/> 1 canned/dried fruit (per person)</li><li><input type="checkbox"/> 2 rolls of toilet paper</li><li><input type="checkbox"/> toothbrush &amp; travel size toothpaste (per person)</li><li><input type="checkbox"/> (optional) foods for special diets</li></ul> <p>Task list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Make a floor plan of your home, including primary escape routes.</li><li><input type="checkbox"/> Identify safe places to go in case of disaster.</li></ul>	<p style="text-align: center;"><b>Week 6</b></p> <p>First aid supplies</p> <ul style="list-style-type: none"><li><input type="checkbox"/> sterile adhesive bandages (assorted sizes)</li><li><input type="checkbox"/> adhesive Tape</li><li><input type="checkbox"/> vinyl gloves</li><li><input type="checkbox"/> sunscreen</li><li><input type="checkbox"/> gauze Pads (assorted sizes)</li><li><input type="checkbox"/> sterile roller bandages</li><li><input type="checkbox"/> (optional) hearing aid batteries</li></ul> <p>Task list</p> <ul style="list-style-type: none"><li><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</li></ul>
<p style="text-align: center;"><b>Week 7</b></p> <p>Grocery List</p> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 gallon of water (per person)</li><li><input type="checkbox"/> 1 can ready-to-eat-soup (per person)</li><li><input type="checkbox"/> 1 canned/dried fruit (per person)</li><li><input type="checkbox"/> sewing kit</li><li><input type="checkbox"/> disinfectant</li><li><input type="checkbox"/> (optional) baby bottles, formula &amp; diapers</li></ul> <p>Task list</p> <ul style="list-style-type: none"><li><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.</li></ul>	<p style="text-align: center;"><b>Week 8</b></p> <p>First aid supplies</p> <ul style="list-style-type: none"><li><input type="checkbox"/> scissors</li><li><input type="checkbox"/> tweezers</li><li><input type="checkbox"/> thermometer</li><li><input type="checkbox"/> liquid anti-bacterial hand-gel</li><li><input type="checkbox"/> disposable hand wipes</li><li><input type="checkbox"/> needles</li><li><input type="checkbox"/> (optional) extra eyeglasses and case for first aid kit</li></ul> <p>Task list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Keep a pair of sturdy shoes and flashlight by your bed. They can be handy during an emergency.</li></ul>

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

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

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<p style="text-align: center;"><b>Week 17</b></p> <p>Grocery list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 box graham crackers</li><li><input type="checkbox"/> assorted plastic containers with lids</li><li><input type="checkbox"/> 2 dry cereal boxes</li></ul> <p>First aid supplies</p> <ul style="list-style-type: none"><li><input type="checkbox"/> anti-diarrhea medication</li><li><input type="checkbox"/> rubbing alcohol</li><li><input type="checkbox"/> antiseptic</li></ul> <p>Task list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Arrange for a friend or neighbor to help with your kids if you are unable to return home or are at work – put it in your family plan.</li></ul>	<p style="text-align: center;"><b>Week 18</b></p> <p>Hardware list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Plastic bucket with lid</li><li><input type="checkbox"/> Plastic sheeting</li><li><input type="checkbox"/> Roll of duct tape</li><li><input type="checkbox"/> (optional) blanket or sleeping bag (1 per person)</li></ul>
<p style="text-align: center;"><b>Week 19</b></p> <p>Grocery list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 box snacks</li><li><input type="checkbox"/> comfort foods (cookies/chips)</li><li><input type="checkbox"/> plastic wrap</li><li><input type="checkbox"/> aluminum foil</li><li><input type="checkbox"/> (optional) denture care items</li></ul> <p>Task list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Be sure you are covered! Check with your insurance agent about your levels of coverage</li></ul>	<p style="text-align: center;"><b>Week 20</b></p> <p>Hardware list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Utility knife</li><li><input type="checkbox"/> Work gloves</li><li><input type="checkbox"/> Safety goggles</li><li><input type="checkbox"/> Dust masks</li><li><input type="checkbox"/> USB storage drive</li><li><input type="checkbox"/> (optional) emergency escape ladder if you have upper story</li></ul> <p>Task list</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Use camera to take photos/video of your home contents</li><li><input type="checkbox"/> Make a copy and sent to an out-of-area friend/family member.</li></ul>

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