FAMILY EMERGENCY SUPPLIES CALENDAR

A comprehensive emergency kit can help you and your family remain self-sufficient during a disaster. While putting a kit together can seem daunting, you can make it easier on yourself by assembling the kit in small, achievable steps. Use the Supplies and Task Calendar to check off your supplies and complete your weekly "to do" list.

1. TO GET STARTED:

- Check your house for supplies on the calendar you already have on hand and cross them off the list
- Find a place to store your supplies in a cool, dry location accessible during an emergency
- Mark your calendar at six-month intervals as a reminder to rotate out foods and replace water supplies
- Begin gathering your the supplies you don't already have

2. MEET WITH YOUR FAMILY TO:

- Discuss the types of disasters which could occur
- Research how to prepare and when and how to respond
- Plan what to do and where to go if you need to evacuate
- Practice your plan!

3. ASSEMBLE YOUR "Go-Kit":

A "Go-Kit" is a backpack, daypack or similar carrier you can easily take with you. You should have items ready in your kit for all family members. At a minimum, a Go-Kit should contain:

- Identifying documents and important papers
- Change of clothing
- Cash and quarters
- Family and out-of-state contact information
- Medications
- Quick energy foods
- Water
- First aid kit

SUGGESTED FOODS:

<u>Protein:</u> canned foods including tuna, chicken, ravioli, beef stew, SPAM, cor beef, beans (kidney, pinto, etc); peanut butter, split peas, dried beans (kidne pinto, etc), nuts <u>Vegetables:</u> canned vegetables including green beans, kernel corn, peas, beets, kidney beans, carrots	<u>Fruits:</u> canned fruits including pears, peaches, mandarin oranges, applesauce, mixed fruit; dried fruits <u>Quick Energy Snacks:</u> granola bars, trail mix, raisins, dried fruit, power bars, nuts				
FOR MORE INFORMATION: Ready America <u>http://www.ready.gov/</u>	Community Emergency Response Teams (CERT) http://www.citizencorps.gov/cert/index.shtm				
FEMA for You http://www.fema.gov/help/audience.shtm					
3 Days, 3 Ways <u>http://www.govlink.org/3days3ways/</u>	 Create an Emergency Plan Ready America <u>http://ready.adcouncil.org/beprepared/fep/index.jsp</u> USA Ready <u>http://www.usaready.com/</u> 				
Multnomah County Emergency Management Phone: (503) 988-6700 Email: <u>emergency.management@co.multnomah.or.us</u>	Mailing Address: 501 SE Hawthorne Blvd, Suite 600 Portland, OR 97214				

Website: http://www.multco.us/em/

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Grocery Store:	Hardware Store:	Grocery Store:	Hardware Store:	Grocery Store:	First Aid Supplies:	Hardware Store:	Grocery Store:
I Gallon water*	Plumber's tape	I Gallon water*	Crescent wrench	I Gallon water*	Aspirin or	Hardware to	I Gallon water*
□ 1 Protein item*	Crowbar	1 Protein item*	Screwdriver set	1 Protein item *	Tylenol	secure heavy or	1 Can ready-to-
1 Large can	Smoke Detector	1 Can fruit*	Heavy rope	1 Can fruit*	Compresses	hazardous objects	eat soup*
juice*	with battery	Sanitary napkins	Duct tape	□ 1 Can	□ Gauze/Bandages	Heavy work gloves	1 Protein item *
Hand operated	2 Flashlights with	□ Adult vitamins	□ Battery powered	vegetables*	□ First aid tape	□ 1 Box disposable	1 Can fruit*
can opener □ Instant coffee, tea, powdered drinks □ Permanent	batteries Also: Pet leash and/or carrier To Do: Pack a "Go- Kit" for evacuations.	 1 Box quick energy snacks Also: Pet food, diapers, and baby 	camping lantern Bungee cords Also: Extra medications or a 	 2 Rolls toilet paper* Extra toothbrush* Extra toothpaste* Plastic wrap 	 Adhesive bandages (assorted sizes) Also: Extra 	dust masks Also: Assorted safety pins	□ 1 Can vegetables* □ Children's Vitamins
 marking pen to mark date on cans □ 1 Box large heavy-duty garbage bags To Do: Check your home for hazards. 	for six months from today to replenish/ replace food and water.	supplies (remember 1 gallon water for each pet) To Do: Locate gas meter and water shutoffs, and have a wrench that fits each.	prescription marked "Emergency Use" To Do: Place a pair of sturdy shoes and a flashlight under each bed so they are handy during an emergency.	Also: Special foods for dietary/medical restrictions. To Do: Identify	To Do: Install hardware to secure heavy or hazardous objects.	Also: Any items required for eye care To Do: Make an emergency plan with your family (see information below).	

Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
First Aid Supplies:	Grocery Store:	Hardware Store:	Grocery Store:	First Aid Supplies:	Hardware Store:	Grocery Store:	Hardware Store:
Scissors	1 Can ready-to-	Waterproof	1 Large can	Anti-diarrhea	Whistle	□ 1 Can fruit*	Extra flashlight
□ Tweezers	eat soup*	portable plastic	juice*	medicine	ABC fire	□ 1 Can	batteries
Antiseptic	1 Protein item*	container for	Large plastic	Rubbing alcohol	extinguisher	vegetables*	Duct tape
□ Liquid hand soap	□ 1 Can	important papers Portable AM/FM 	food bags	□ Box of	Pliers	1 Protein item*	Hammer
□ Hand sanitizer	vegetables*	radio and batteries	□ 1 Box quick	disposable gloves	Vise grips	1 Package eating	□ Assorted nails
□ Disposable hand	1 Box graham		energy snacks (power bars)	Ipecac syrup and	Camping or utility	utensils	
wipes	crackers	Also: Blankets or	· · · · · · · · · · · · · · · · · · ·	activated charcoal	knife	1 Package paper	To Do: Photocopy
Sewing kit	Liquid dish soap	sleeping bags for	3 Rolls paper towels	(for accidental poisonings)	Extra batteries	cups	important papers and store them
_ cog	Liquid bleach	each family member.	Facial tissues			□ 3 Rolls paper	safely. Determine if
Also: Individual eye	□ 1 Box heavy-duty	To Do: Check with			Also: Purchase an	towels	there is an out-of-
protection (safety	garbage bags	your child's day	Large plastic food bags	To Do: Find out if	emergency escape ladder for any	□ 2 Rolls toilet	state family
glasses/goggles)	Also: Assemble	care or school for	lood bago	you have a	second story	paper*	member or other secure storage
Establish an Out-of-	some games for	their disaster plan.	To Do: Sign up for	neighborhood	bedrooms.	Also: Assorted	place to put copies
State contact to call	you and your family	Arrange for family, friends or neighbors	First Aid/CPR class	safety organization and join it.	To Do: Find out	plastic containers	of your important
in case of	to play as well as	to help your	and Community Emergency	Plan to check on a	about your workplace	with lids for storage	papers.
emergency. Inform	individual games.	children if you are	Response Team	neighbor who might	emergency plans.	To Do: Subscribe to	
your emergency contacts of this	To Do: Plan and practice exit drills in	at work.	training courses	need help during an	energency plane.	local community alert services	
information.	the home.		(CERT).	emergency.			

*Per person in the household

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