

12 Weeks to Preparedness



Disasters, natural or otherwise, can strike any time, any place. Most people never consider preparing for the possibility of a disaster until it happens. Take these easy, manageable steps to prepare in advance.

Week 1: Food (per person)

- 3 gallons of water
- Extra water for pets, cooking, bathing
- Sandwich bread (freeze until needed)
- 3 Boxes quick energy snacks
- 2 Cans ready-to-eat soup
- 1 Box crackers
- Dry cereal
- 4 Cans fruit
- 5 Cans meat
- 4 Cans vegetables
- 1 Jar jelly or jam
- 1 Jar peanut butter
- 1 Large Can of juice
- Instant coffee/tea/powdered drinks

Week 2: Storage

- 2 Boxes large plastic zip bags
- Plastic wrap
- 2 Rolls aluminum foil
- Assorted plastic containers with lids
- 3 Boxes heavy duty garbage bags
- Waterproof portable plastic container with lid

Week 3: Health & First Aid

- 1 Bottle of shampoo
- 1 Box sanitary hand wipes/liquid
- 1 Large tube of toothpaste
- Antiseptic
- Deodorant
- Tweezers
- Adhesive bandages, assorted sizes
- Rolls of gauze or bandages
- Hydrogen peroxide
- First aid book
- First aid tape
- Petroleum jelly
- Rubbing alcohol

Week 4: Cleaning & Supplies

- 2 Packages eating utensils, paper cups, paper plates
- Facial tissues
- 2 Rolls paper towels
- 4 Rolls of toilet paper
- Liquid dish soap
- Mosquito repellent
- Matches
- 2 Pair latex gloves
- Broom, mop and bucket
- Unscented liquid bleach

Week 5: Medications

- Anti-diarrhea medicine
- Aspirin and/or acetaminophen
- Extra supply prescription medication(s)
- Adult vitamins
- Thermometer

Week 6: Common Tools

- Battery operated radio

- Flashlights
- Flashlight and radio batteries
- Assorted safety pins
- Scissors
- Screwdriver
- Pliers
- Vise grips
- Hammer(s)
- Heavy work gloves
- Stove fuel/charcoal, lighter fluid
- Camping or utility knife
- 1 Box disposable dust masks
- Plastic safety goggles

Week 7: Heavy Tools

- Plywood & fasteners to cover windows
- Tarpaulin, canvas for temporary roof repair
- Handsaw and/or chain saw & fuel
- Assorted nails
- Wood screws
- Hatchet
- Crowbar

Week 8: Smart Supplies

- Batteries for camping lantern
- Battery powered camping lantern
- Portable camp stove or grill
- Video or disposable camera

Week 9: Special Items

- Special foods for special diets
- Extra hearing aid batteries
- Items for denture care
- Spare eyeglasses or contact lens supplies
- Leash or pet carrier
- Pet food
- Baby food
- Diapers
- Feminine products

Week 10: Helpful Supplies

- Games/activities for kids/family
- Extra radio batteries
- Local and state road maps
- Gas cans

Week 11: Everyday Safety

- ABC certified fire extinguisher
- Smoke detector with battery
- Carbon monoxide detector

Week 12: Make Plans, Get Trained

Start making plans

- Evacuation routes
- Neighborhood and out-of-area family meeting point
- Out-of-state emergency contact

Start getting training

- Community Emergency Response Team (CERT)
- First Aid/CPR
- Additional Red Cross training

For more information on emergency preparedness, contact your local emergency management agency



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