

Everyone should prepare for disasters by having some basic supplies on hand in order to survive for at least three days after an emergency.

This is a plan to build a supply of basic items that every emergency supply kit needs. It is important to review this list and consider where you live and the unique needs of your family in order to create an emergency supply kit that will meet these needs.

### Week 1

- 1 gallon water\*
- 1 can ready-to-eat tuna, chicken, etc.\*
- Large bin to hold items
- Hand operated can opener

#### TO DO:

- Learn about emergencies that could happen where you live and the correct response.

### Week 2

- Dry fruit or trail mix
- Permanent marker, paper and pencil

#### TO DO:

- Make sure Emergency Contact numbers are easy to identify in mobile devices: I.C.E. + contact (I.C.E. = In Case of Emergency).

### Week 3

- First Aid kit.
- Hand sanitizer

#### TO DO:

- Date items in kit.

### Week 4

- Battery or hand crank emergency radio
- 2 flashlights with batteries
- Waterproof matches

#### TO DO:

- Install a carbon monoxide (CO) detector and smoke alarm.
- Include in kit list of numbers of bank accounts, credit cards and insurance policies.

### Week 5

- 1 gallon water\*
- 1 can ready-to-eat meat\* (tuna, chicken, etc.)
- Energy bars

#### TO DO:

- Identify family meet-up locations.

### Week 6

- 1 can fruit\*
- 1 box crackers
- Paper plates
- Playing cards
- Plastic container for personal items

#### TO DO:

- Develop Home Evacuation Plans

### Week 7

- Pain Reliever
- Thermometer
- Hand Soap

#### TO DO:

- Practice Home Evacuation Plans.

### Week 8

- Utility wrench (to shut off utilities)
- Fire extinguisher
- Utility knife

#### TO DO:

- Locate and identify Utility Shutoffs.

### Week 9

- 1 gallon water\*
- 1 can soup\*
- Puzzle books/games

#### TO DO:

- Develop an Emergency Network among family, friends, & neighbors.

### Week 10

- Dry nuts
- Rain poncho

### Week 11

- Laxative
- Antacid
- Anti-Diarrheal
- Rubbing alcohol

\* = Purchase one for each member of the household.

### Week 12

- Duct Tape
- Whistle
- Tarp
- Blank DVDs to record home inventory

#### TO DO:

- Record the contents of your home on photo or video for insurance purposes.
- Make a copy of the recording and send it to an out-of-town friend or family member.

### Week 13

- Electrolyte replacement drink (sports drink or infant electrolyte solution)
- 1 can fruit\*
- Hard candy
- Comfort / stress food (cookies, instant coffee, sweetened cereal, candy or tea bags)

#### TO DO:

- Photocopy important documents, include in kit.

### Week 14

- 1 jar peanut butter
- 1 box crackers
- 1 pkg. eating utensils

#### TO DO:

- Discuss with your network and neighbors what help may be needed and how best to assist each other.

### Week 15

- 2 rolls toilet paper
- Bucket (tight fitting lid)
- 1 Gal. regular household bleach (DO NOT USE scented, color-safe bleaches with added cleaners)
- Medicine dropper

#### TO DO:

- Review insurance coverage; be sure you are covered for disasters in your area.

### Week 16

- Work gloves
- 50 ft rope
- Crow bar
- Cash (small bills) or traveler's checks, and coins.

#### To Do:

- Keep a card with important health information in kit.

### Week 17

- 1 gallon juice
- 1 can fruit\*
- Garbage bags

#### TO DO:

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

### Week 18

- Paper cups
- Blanket or sleeping bag\*
- Change of clothing and sturdy footwear\*

#### TO DO:

- Volunteer with a local disaster/emergency team (Red Cross, Medical Reserve Corps, CERT).

### Week 19

- Toothbrush\* / Toothpaste

#### TO DO:

- Make a smaller kit for your vehicle.

### Week 20

- Hammer
- Screwdriver
- Pliers
- Assorted nails & screws

#### TO DO:

- Purchase and install an emergency escape ladder for upper story windows

### Week 21

- Electrolyte replacement drink (sports drink or infant electrolyte solution).
- 1 can vegetables\*
- Comfort / stress food (cookies, instant coffee, sweetened cereal, candy or tea bags)

#### TO DO:

- Check with child's school/day care center to find out about their disaster plans.

### Week 22

- Energy bars
- 1 box crackers
- Aluminum foil

#### TO DO:

- Take a First Aid / CPR class

### Week 23

- 1 box facial tissues
- Feminine hygiene products

#### TO DO:

- Find out about your workplace disaster plan

### Week 24

- Extra batteries for radio / flashlight
- Dust masks
- Sewing kit

#### TO DO:

- Mark your calendar to check your Emergency Supply Kit in 6 months!

#### **Special Items Your Family May Need:**

**Infant/Toddler Items:** Formula, diapers, bottles, pacifiers; powdered milk, infant medications, toys.

**Adult/Senior Items:** Prescription medications, vision care items (extra glasses / contact lenses & supplies) diabetic supplies, denture needs, hearing aid batteries.

#### **Persons with Disabilities / Special Needs:**

Communication board, specialized care items (oxygen, catheters, etc.), a list of prescription medications (include dosage and physician's name) and the type and model numbers of required medical devices, portable wheelchair.

Wear a medical alert ID and register with the office of emergency services or the local fire department for assistance so needed help can be provided. If you are dependent on a dialysis machine or other life-sustaining equipment or treatment, know location and availability of more than one facility. Make sure your support network knows your information and can operate any devices you need.

**Pet Items:** Your pets should always wear a collar and ID / rabies tags. Include food, water, bowls, leash or harness, crate/carrier, medical and vaccination records, sanitation needs (pet litter and litter box, newspapers, plastic bags), and a photo of you and your pet in your preparedness kit.

**Special thanks to Peoria City/County Health Dept. for developing the content of this brochure.**

# Be Prepared!

## Weekly Steps for Emergency Preparedness



**A budget friendly plan to  
build a disaster supply kit  
in 24 weeks.**