

Disaster Preparedness Calendar

This calendar is designed to help you prepare for future disasters. The calendar allows you to develop a three-day household disaster kit and disaster plan over a 24-week period and track your progress along the way.



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ABOUT THE ICDP



The Intermountain Center for Disaster Preparedness (ICDP) promotes integrative and collaborative all-hazards disaster readiness and resilience through training and education; exercises; planning and assessments; and research.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water** <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 1 package juice boxes* <input type="checkbox"/> 1 canned meat* <input type="checkbox"/> 1 hand-operated can opener If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Diapers <input type="checkbox"/> Baby food Actions Items <ul style="list-style-type: none"> <input type="checkbox"/> Determine what type of container you will use to store your disaster supplies. <input type="checkbox"/> Keep shoes, work gloves, and flashlight near your bed. <p>* per person ** per person and pet</p>	Hardware Store Items <ul style="list-style-type: none"> <input type="checkbox"/> Rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Flashlights w/ batteries <input type="checkbox"/> Waterproof matches <input type="checkbox"/> Permanent marking pen If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Pet food*** <input type="checkbox"/> Pet leash or carrier <input type="checkbox"/> Extra set of pet ID tags Actions Items <ul style="list-style-type: none"> <input type="checkbox"/> Learn about disasters that have happened in your community and that could happen again. <input type="checkbox"/> Register for emergency alerts in your community <p>*** per pet</p>	Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water** <input type="checkbox"/> 1 canned meat* <input type="checkbox"/> 1 canned fruit* <input type="checkbox"/> Paper & pen If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Feminine hygiene supplies Actions Items <ul style="list-style-type: none"> <input type="checkbox"/> Talk with neighbors about disaster preparedness. <input type="checkbox"/> Register for disaster-related classes such as CPR, first aid, and CERT. <p>* per person ** per person and pet</p>	Hardware Store Items <ul style="list-style-type: none"> <input type="checkbox"/> Flashing safety light <input type="checkbox"/> Compass (non digital) If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Medicines/prescriptions <input type="checkbox"/> Contact lens supplies <input type="checkbox"/> Extra pair of glasses Actions Items <ul style="list-style-type: none"> <input type="checkbox"/> Designate an out-of-area contact person to collect information for family members following a disaster. <input type="checkbox"/> Determine what information your family should give to your out-of-area contact following a disaster. <p>* per person ** per person and pet</p>	Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water** <input type="checkbox"/> 1 canned fruit* <input type="checkbox"/> 1 canned vegetable* <input type="checkbox"/> 1 canned meat* If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Specialty foods for special dietary needs Actions Items <ul style="list-style-type: none"> <input type="checkbox"/> Identify and map escape routes from each room of your home. <input type="checkbox"/> Identify a primary and secondary meeting place in case your family members can't get home after a disaster. <p>* per person ** per person and pet</p>	First Aid Supplies <ul style="list-style-type: none"> <input type="checkbox"/> First Aid kit including adhesive bandages, tape, gauze pads, roller bandages, non-latex gloves <input type="checkbox"/> Safety pins <input type="checkbox"/> Sunscreen <input type="checkbox"/> Insect repellent Actions Items <ul style="list-style-type: none"> <input type="checkbox"/> Familiarize yourself with your community's evacuation routes.
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)* <input type="checkbox"/> 1 canned fruit* <input type="checkbox"/> 1 canned vegetables* <input type="checkbox"/> Sewing kit <input type="checkbox"/> Disinfectant spray and wipes If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Baby supplies (e.g. bottles, formula, diapers) Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Locate gas and water shut-off valves and teach responsible family members how and when to turn them off. <input type="checkbox"/> Attach a wrench or shut off tool near each shut off valve. <p>* per person</p>	First Aid Supplies <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Petroleum jelly Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Secure water heater and heavy furniture that could fall during a disaster. 	Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)* <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Household chlorine bleach with medicine dropper for water treatment <input type="checkbox"/> Water purifying tables Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Add climate appropriate clothing and shoes for each person to disaster supplies.* <p>* per person</p>	Hardware Store Items <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable container for important papers <input type="checkbox"/> Small tool kit <input type="checkbox"/> Battery powered or crank radio <input type="checkbox"/> Special tools to turn off utilities Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Make copies of important documents and store securely. Consider sending a copy to your out-of-area contact. <input type="checkbox"/> Scan important document and store on a flash drive. 	Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> 1 package juice boxes* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 box high-energy snacks <input type="checkbox"/> 3 rolls of paper towels If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Keep extra battery for cell phone or change for pay phone use Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Save cash and loose coins whenever possible in your disaster supplies <p>* per person</p>	Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> Box of powder milk If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Litter and box <input type="checkbox"/> Special pet medication Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Add kitchenware to disaster supply container (plates, utensils, cups, etc.) for each person. <input type="checkbox"/> Create small storage bags of salt, pepper, sugar, and other spices and add to supply container.

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Week 13	Week 14	Week 15	Week 16	Week 17	Week 18
Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> Pain reliever (adult and child) <input type="checkbox"/> Laxative <input type="checkbox"/> 2 rolls of toilet paper* <input type="checkbox"/> Toothbrush* <input type="checkbox"/> Tooth paste* Action Items: <ul style="list-style-type: none"> <input type="checkbox"/> Make copies of pet's veterinary records including vaccination and licenses. <p>* per person</p>	Hardware Store Items <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> Extra batteries for flashlights and radio <input type="checkbox"/> Pry bar <input type="checkbox"/> Bungee cords and rope Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Check with your children's day care center or school about disaster plans and points of contact. 	Hardware Store Items <ul style="list-style-type: none"> <input type="checkbox"/> Pliers <input type="checkbox"/> Screwdriver <input type="checkbox"/> Hammer <input type="checkbox"/> Straps and fasteners for water heater, bookcases, etc Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Store blankets and/or sleeping bags for each family member with disaster supply container. 	Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> 1 canned fruit* <input type="checkbox"/> 1 canned meat* <input type="checkbox"/> 1 canned vegetable* <input type="checkbox"/> 1 box heavy duty garbage bags with ties Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Collect entertainment items such as games, toys, and books and add to disaster supply container. <p>* per person</p>	Hardware Store Items <ul style="list-style-type: none"> <input type="checkbox"/> "Child-Proof" latches or fasteners for cupboards <input type="checkbox"/> Material to secure moveable items on shelves Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Take photos of each family member, including pets, and keep with disaster supplies. 	Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> Dry cereal If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Special equipment such as hearing aid batteries Action Items <ul style="list-style-type: none"> <input type="checkbox"/> Review home and auto insurance to ensure coverage for potential hazards in your community.
Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
First Aid Supplies <ul style="list-style-type: none"> <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Antidiarrheal medication <input type="checkbox"/> Antiseptic <input type="checkbox"/> Antibiotic Ointment <input type="checkbox"/> Burn Ointment If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Baby supplies (e.g. bottles, formula, diapers) Action Items: <ul style="list-style-type: none"> <input type="checkbox"/> Photograph or video the contents of your home and store securely. Consider sending to your out-of-area contact. 	Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> 1 canned meat* <input type="checkbox"/> 1 canned vegetables <input type="checkbox"/> 1 box of facial tissues <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Dried fruits/nuts If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Pet food*** Action Items: <ul style="list-style-type: none"> <input type="checkbox"/> Assemble an activity box of cards, games, and toys. <input type="checkbox"/> Purchase and install emergency escape ladder for upper floors <p>* per person *** per pet</p>	Hardware Store Items <ul style="list-style-type: none"> <input type="checkbox"/> Plastic bucket with tight lid for toileting needs <input type="checkbox"/> Plastic sheeting If needed: <ul style="list-style-type: none"> <input type="checkbox"/> Denture care supply Action Items: <ul style="list-style-type: none"> <input type="checkbox"/> Develop a schedule to rotate the water and food in your disaster supplies. 	Grocery Store Items <ul style="list-style-type: none"> <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Comfort foods (candy bars, cookies, etc.) <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil Action Items: <ul style="list-style-type: none"> <input type="checkbox"/> Develop a disaster supply kit for your vehicle <input type="checkbox"/> Exercise your family's disaster plan and escape routes. 	Hardware Store Items <ul style="list-style-type: none"> <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Work gloves <input type="checkbox"/> Safety goggles <input type="checkbox"/> Disposable dust mask* Action Items: <ul style="list-style-type: none"> <input type="checkbox"/> Test smoke and carbon monoxide detector and replace batteries <p>* per person</p>	Pet Store Items <ul style="list-style-type: none"> <input type="checkbox"/> Pet crate or kennel for travel Action Items: <ul style="list-style-type: none"> <input type="checkbox"/> Check that storage area is safe and dry. <input type="checkbox"/> Check expiration dates on disaster supplies and replace as needed.