

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:

Protein: canned foods including tuna, chicken, ravioli, beef stew, SPAM, corned beef, beans (kidney, pinto, etc); peanut butter, split peas, dried beans (kidney, pinto, etc), nuts

Vegetables: canned vegetables including green beans, kernel corn, peas, beets, kidney beans, carrots

Fruits: canned fruits including pears, peaches, mandarin oranges, applesauce, mixed fruit; dried fruits

Quick Energy Snacks: granola bars, trail mix, raisins, dried fruit, power bars, nuts

FOR MORE INFORMATION:

Ready America <http://www.ready.gov/>

FEMA for You <http://www.fema.gov/help/audience.shtm>

3 Days, 3 Ways <http://www.govlink.org/3days3ways/>

Community Emergency Response Teams (CERT)

<http://www.citizencorps.gov/cert/index.shtm>

Create an Emergency Plan

- Ready America <http://ready.adcouncil.org/beprepared/fep/index.jsp>
- USA Ready <http://www.usaready.com/>



Multnomah County Emergency Management

Phone: (503) 988-6700

Email: emergency.management@co.multnomah.or.us

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

Mailing Address:

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Portland, OR 97214

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Gallon water* <input type="checkbox"/> 1 Protein item* <input type="checkbox"/> 1 Large can juice* <input type="checkbox"/> Hand operated can opener <input type="checkbox"/> Instant coffee, tea, powdered drinks <input type="checkbox"/> Permanent marking pen to mark date on cans <input type="checkbox"/> 1 Box large heavy-duty garbage bags <p>To Do: Check your home for hazards.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plumber's tape <input type="checkbox"/> Crowbar <input type="checkbox"/> Smoke Detector with battery <input type="checkbox"/> 2 Flashlights with batteries <p>Also: Pet leash and/or carrier</p> <p>To Do: Pack a "Go-Kit" for evacuations. Mark your calendar for six months from today to replenish/replace food and water.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Gallon water* <input type="checkbox"/> 1 Protein item* <input type="checkbox"/> 1 Can fruit* <input type="checkbox"/> Sanitary napkins <input type="checkbox"/> Adult vitamins <input type="checkbox"/> 1 Box quick energy snacks <p>Also: Pet food, diapers, and baby supplies (remember 1 gallon water for each pet)</p> <p>To Do: Locate gas meter and water shutoffs, and have a wrench that fits each.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crescent wrench <input type="checkbox"/> Screwdriver set <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Battery powered camping lantern <input type="checkbox"/> Bungee cords <p>Also: Extra medications or a prescription marked "Emergency Use"</p> <p>To Do: Place a pair of sturdy shoes and a flashlight under each bed so they are handy during an emergency.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Gallon water* <input type="checkbox"/> 1 Protein item * <input type="checkbox"/> 1 Can fruit* <input type="checkbox"/> 1 Can vegetables* <input type="checkbox"/> 2 Rolls toilet paper* <input type="checkbox"/> Extra toothbrush* <input type="checkbox"/> Extra toothpaste* <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil <p>Also: Special foods for dietary/medical restrictions.</p> <p>To Do: Identify evacuation routes for your area.</p>	<p>First Aid Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin or Tylenol <input type="checkbox"/> Compresses <input type="checkbox"/> Gauze/Bandages <input type="checkbox"/> First aid tape <input type="checkbox"/> Adhesive bandages (assorted sizes) <p>Also: Extra batteries for special medical equipment.</p> <p>To Do: Teach your family members how to use phones and messaging devices.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hardware to secure heavy or hazardous objects <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> 1 Box disposable dust masks <p>Also: Assorted safety pins</p> <p>To Do: Install hardware to secure heavy or hazardous objects.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Gallon water* <input type="checkbox"/> 1 Can ready-to-eat soup* <input type="checkbox"/> 1 Protein item * <input type="checkbox"/> 1 Can fruit* <input type="checkbox"/> 1 Can vegetables* <input type="checkbox"/> Children's Vitamins <p>Also: Any items required for eye care</p> <p>To Do: Make an emergency plan with your family (see information below).</p>

Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
<p>First Aid Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Antiseptic <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing kit <p>Also: Individual eye protection (safety glasses/goggles)</p> <p>To Do: Establish an Out-of-State contact to call in case of emergency. Inform your emergency contacts of this information.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Can ready-to-eat soup* <input type="checkbox"/> 1 Protein item* <input type="checkbox"/> 1 Can vegetables* <input type="checkbox"/> 1 Box graham crackers <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Liquid bleach <input type="checkbox"/> 1 Box heavy-duty garbage bags <p>Also: Assemble some games for you and your family to play as well as individual games.</p> <p>To Do: Plan and practice exit drills in the home.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable plastic container for important papers <input type="checkbox"/> Portable AM/FM radio and batteries <p>Also: Blankets or sleeping bags for each family member.</p> <p>To Do: Check with your child's day care or school for their disaster plan. Arrange for family, friends or neighbors to help your children if you are at work.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Large can juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 Box quick energy snacks (power bars) <input type="checkbox"/> 3 Rolls paper towels <input type="checkbox"/> Facial tissues <input type="checkbox"/> Large plastic food bags <p>To Do: Sign up for First Aid/CPR class and Community Emergency Response Team training courses (CERT).</p>	<p>First Aid Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Box of disposable gloves <input type="checkbox"/> Ipecac syrup and activated charcoal (for accidental poisonings) <input type="checkbox"/> Sunscreen <p>To Do: Find out if you have a neighborhood safety organization and join it. Plan to check on a neighbor who might need help during an emergency.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> Pliers <input type="checkbox"/> Vise grips <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Extra batteries <p>Also: Purchase an emergency escape ladder for any second story bedrooms.</p> <p>To Do: Find out about your workplace emergency plans.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Can fruit* <input type="checkbox"/> 1 Can vegetables* <input type="checkbox"/> 1 Protein item* <input type="checkbox"/> 1 Package eating utensils <input type="checkbox"/> 1 Package paper cups <input type="checkbox"/> 3 Rolls paper towels <input type="checkbox"/> 2 Rolls toilet paper* <p>Also: Assorted plastic containers with lids for storage</p> <p>To Do: Subscribe to local community alert services</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra flashlight batteries <input type="checkbox"/> Duct tape <input type="checkbox"/> Hammer <input type="checkbox"/> Assorted nails <p>To Do: Photocopy important papers and store them safely. Determine if there is an out-of-state family member or other secure storage place to put copies of your important papers.</p>

*Per person in the household