

Weekly Disaster Supplies Checklist



This Disaster supplies calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble disaster supplies in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies (such as food and water) every six months.

Week 1

- 1 gallon of water *per person*
- 1 jar of peanut butter
- 1 large can of juice *per person*
- 1 can of meat *per person*
- Hand-operated can opener
- Permanent marking pen
- Pet Food
- 1 gallon of water *per pet*
- Purchase a disaster supply storage container

To Do:

- ◇ Take a [First Aid/CPR class](#) from American Red Cross of Orange County.
- ◇ Date each food item using a marking pen.

Week 2

- Heavy cotton or hemp rope
- Duct tape
- 2 flashlights with batteries
- Matches in waterproof container
- 1 gallon of water for each pet
- Diapers/baby food

Emergency Power Station

Flashlight

\$20.00



To Do:

- ◇ Complete a personal assessment of your needs in a changed disaster environment.
- ◇ Keep a pet leash and carrier in an easy to access location.

Week 3

- 1 gallon of water *per person*
- 1 can of meat *per person*
- 1 can of fruit *per person*
- Feminine hygiene products
- Personal hygiene items
- Map of the area
- Aspirin or non-aspirin pain reliever
- Laxative

To Do:

- ◇ Find out what kinds of disasters can happen in your area.
- ◇ Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster.

Week 4

- Patch kit and can of seal-in-air product for tires of mobility aids
- Signal flare
- Compass

Deluxe "Go" Kit

\$35.00



To Do:

- ◇ Include extra medications or prescriptions marked "emergency use".
- ◇ Develop a personal disaster plan.
- ◇ Develop a disaster supplies kit for your vehicle.

For a complete list of recommended disaster preparedness supplies, please contact Marsha McNamara at (714) 481-5353 or mmcnamara@oc-redcross.org.