

The following check list is designed to build a fourteen day supply kit for one person. Adjust quantities based on the number of people in your household.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
GROCERY Store <input type="checkbox"/> 3 gallons water * <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 3 cans meat * <input type="checkbox"/> 1 hand-operated can opener <input type="checkbox"/> Permanent marking pen Additional: Pet food, diapers, baby food Action Steps: <input type="checkbox"/> Date perishable items with marker <input type="checkbox"/> Decide upon & notify out-of-area contact who can coordinate information for scattered family members	HARDWARE Store <input type="checkbox"/> Disaster Kit from American Red Cross OR <input type="checkbox"/> Heavy cotton or hemp rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> Matches in waterproof container for outside use ONLY with appropriate camp stove or BBQ Additional: Leash or carrier for your pet, extra set of I.D. tags. Action Steps: <input type="checkbox"/> Sign up for First Aid/ CPR class at local American Red Cross	GROCERY Store <input type="checkbox"/> 3 gallons water* <input type="checkbox"/> 2 cans meat * <input type="checkbox"/> 2 cans fruit * <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Paper & pen <input type="checkbox"/> Local map <input type="checkbox"/> Pain reliever <input type="checkbox"/> Laxative Additional: 1 gallon water for each pet Action Steps: <input type="checkbox"/> Find out about what kinds of disasters can happen in your area <input type="checkbox"/> Encourage neighbors to develop their own plans	HARDWARE Store <input type="checkbox"/> Compass <input type="checkbox"/> Medicines / prescriptions "for emergency use", contact-lens supplies Action Step: <input type="checkbox"/> Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency	GROCERY Store <input type="checkbox"/> 2 gallons water* <input type="checkbox"/> 2 cans fruit* <input type="checkbox"/> 2 cans vegetables* <input type="checkbox"/> 2 cans meat* <input type="checkbox"/> 3 rolls toilet paper <input type="checkbox"/> Extra toothbrush <input type="checkbox"/> Travel-size toothpaste Additional: Special foods for special dietary needs Action Steps: <input type="checkbox"/> Identify escape routes from house for all family members <input type="checkbox"/> Identify safe places to go in case of fire, flood, earthquake, or other local disasters <input type="checkbox"/> Practice a drill for each of your plans	HARDWARE Store <input type="checkbox"/> American Red Cross First Aid kit which includes sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, sterile roller bandages, latex gloves <input type="checkbox"/> Safety pins <input type="checkbox"/> Sunscreen Action Step: <input type="checkbox"/> Identify storage area for your supplies such as closet near an exit, or several heavy-duty, watertight plastic garbage cans that can be stored outside. If using outside storage—ensure container is weather and animal proof
WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
GROCERY Store <input type="checkbox"/> 3 cans ready-to-eat soup (not concentrated)* <input type="checkbox"/> 3 cans fruit* <input type="checkbox"/> 3 cans vegetables* <input type="checkbox"/> Sewing kit <input type="checkbox"/> Disinfectant Additional: Extra baby supplies (bottles, formula, diapers) Action Step: <input type="checkbox"/> Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and tie the bag to your bed frame	FIRST AID SUPPLIES <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid antibacterial hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing needles <input type="checkbox"/> Petroleum jelly or other lubricating cream <input type="checkbox"/> 2 tongue depressors <input type="checkbox"/> (Check your American Red Cross First Aid kit before shopping to avoid duplication) Additional: Put extra eyeglasses in First Aid kit	GROCERY Store <input type="checkbox"/> 3 cans ready-to-eat-soup* <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Household chlorine bleach with medicine dropper for water treatment <input type="checkbox"/> 1 box heavy-duty garbage bags with ties <input type="checkbox"/> Antacid (upset stomach) Action Step: <input type="checkbox"/> Test smoke detectors and replace batteries	HARDWARE Store <input type="checkbox"/> Waterproof portable container for important papers <input type="checkbox"/> AM/ FM Radio <input type="checkbox"/> Wrench to turn off utilities Action Steps: <input type="checkbox"/> Make sure everyone in the house knows where to find gas and water meter shut-off valves and how to turn them off <input type="checkbox"/> Use Velcro or strong magnet to attach a wrench near each shutoff valve so it is there when needed	GROCERY Store <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 box high-energy snacks* <input type="checkbox"/> 3 rolls paper towels Additional: Keep extra battery for cell phone or change for pay phone usage in disaster supplies Action Step: <input type="checkbox"/> Locate pay phones closest to your home	GROCERY or PET CARE Store <input type="checkbox"/> Litter and box <input type="checkbox"/> Extra water <input type="checkbox"/> Pet First Aid Kit Additional: Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit. Keep emergency supply of any special pet medication needs Action Step: <input type="checkbox"/> Photocopy important documents and store in plastic bag: drivers license, medical prescriptions, insurance info, will, etc.

*Per person

WEEK 13	WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18
Action Steps: <input type="checkbox"/> Add to emergency supplies a change of clothing and pair of sturdy shoes for each person in the family <input type="checkbox"/> Put together a selection of favorite and most used spices—salt, pepper, sugar—in small packets <input type="checkbox"/> Put aside utensils, cup, plate, and bowl for each person <input type="checkbox"/> Check to be sure all perishables have been dated	Check your American Red Cross Disaster Kit OR Buy <input type="checkbox"/> Whistle <input type="checkbox"/> Extra batteries for flashlights and radio <input type="checkbox"/> Pry Bar Action Step: <input type="checkbox"/> Check with your children's day care center or school about disaster plans and contacts	HARDWARE Store <input type="checkbox"/> Pliers <input type="checkbox"/> Screwdriver <input type="checkbox"/> Hammer <input type="checkbox"/> Strapping and fasteners for water heater, bookcases and computer Action Step: <input type="checkbox"/> Secure bookcases, water heater, computer, kitchen cabinets or heavy items that could fall in an earthquake	GROCERY Store <input type="checkbox"/> 3 cans fruit* <input type="checkbox"/> 3 cans meat* <input type="checkbox"/> 3 cans vegetables* <input type="checkbox"/> 3 gallons water* Action Steps: <input type="checkbox"/> Develop a disaster supply kit for your vehicles or purchase a ready-made kit from the American Red Cross <input type="checkbox"/> Find out if you have a neighborhood safety group and become involved	HARDWARE Store <input type="checkbox"/> "Child-proof" latches or fasteners for cupboards <input type="checkbox"/> Museum putty/ gel to secure movable items on shelves and wall-mounted photos or art Action Step: <input type="checkbox"/> Secure doors and movable items on shelves and walls	GROCERY Store <input type="checkbox"/> 1 box graham - crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> Dry cereal Additional: Special equipment such as hearing aid batteries Action Step: <input type="checkbox"/> Arrange for someone to help your children if you are unavailable or at work
WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
FIRST AID SUPPLIES <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Antidiarrheal medication <input type="checkbox"/> Antiseptic Action Step: <input type="checkbox"/> Procure sleeping bag or blanket for each family member	GROCERY Store <input type="checkbox"/> 3 cans meat* <input type="checkbox"/> 3 cans vegetables* <input type="checkbox"/> 1 box facial tissues <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Dried fruits/nuts <input type="checkbox"/> 2 gallons water* Action Step: <input type="checkbox"/> Assemble an activity box of cards, games, toys	HARDWARE Store <input type="checkbox"/> Plastic bucket with tight lid for toileting needs <input type="checkbox"/> Plastic sheeting Additional: Denture care supplies Action Step: <input type="checkbox"/> Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area	GROCERY Store <input type="checkbox"/> 2 boxes quick energy snacks <input type="checkbox"/> Comfort foods (candy bars, cookies, etc.) <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil Action Step: <input type="checkbox"/> Purchase and install emergency escape ladder for upper floors	HARDWARE Store Check your American Red Cross Disaster Kit OR Buy <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Work gloves <input type="checkbox"/> Safety goggles <input type="checkbox"/> Disposable dust mask* Action Step: <input type="checkbox"/> Photograph or videotape the contents of your home and send to an out of town friend to store	Congratulations Ongoing Action Steps: <input type="checkbox"/> When you change your clocks for daylight savings, take the opportunity to revisit your disaster preparedness plan. <input type="checkbox"/> Check expiration dates on your food supply, replenish as needed <input type="checkbox"/> Refill water supply <input type="checkbox"/> Test smoke alarms and change batteries once a year <input type="checkbox"/> Practice fire and earthquake drills

*Per person

BUILD A KIT • MAKE A PLAN • BE INFORMED

Build a Kit

Visit the Red Cross online store at www.RedCrossStore.org to purchase a disaster preparedness kit. Recommended items can also be found at grocery, camping, and hardware stores. Consider the needs of all family members and add supplies to your kit as needed. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate. Remember to plan for your pet's needs.

Make a Plan

Get the people you live with involved in preparedness efforts. When major disruptions such as an earthquake happen, local phone lines will be overwhelmed. Calling long distance is much more effective. Establish an out-of-area contact who can relay messages between you and your loved ones. Share your out-of-area contact number with your family members so they know who to call. Learn how to turn off gas and electric power at your home. Establish a meeting spot outside your home in case of evacuation. Have a primary and a secondary escape route out of each room. Practice fire and earthquake drills with your family twice a year.

Be Informed

Get trained in First Aid & CPR. Save a life. Visit www.redcross.org to register for a class. Schedule a disaster preparedness education presentation for your community group, faith group, school or work place. Call the number listed below or visit safeinthesound.org. Participate in a Community Emergency Response Team (CERT Team). Visit www.citizencorps.gov/cert/ for trainings and find a CERT team near you.



Download free disaster preparedness apps available for iPhone and Android users. Search "**American Red Cross**" at the Apple App or Google Play Stores for:

- Earthquake App • Hurricane App • First Aid App • Shelter Finder App •



American Red Cross

Safe in the Sound

For more information about disaster preparedness, visit us online at:

safeinthesound.org

Click on "Contact Us" to find your closest Red Cross Chapter.

King, Kitsap & North Mason Counties Chapter Seattle 206-323-2345 / Bremerton 360-377-3761

Snohomish County Chapter 425-252-4103

Mt. Baker Chapter 360-733-3290

Mount Rainier Chapter 253-474-0400

Olympic Peninsula Chapter 360-457-7933

The Islands Chapter 360-293-2911

BUILD A KIT • MAKE A PLAN • BE INFORMED



DISASTER PREPAREDNESS CALENDAR

Your Disaster Preparedness Calendar is designed to guide you through the process of building a disaster supplies kit and developing a home disaster plan over a six month time frame. The calendar guides you through a weekly progression of preparedness actions. As you progress, check off the preparedness steps you've taken. If you live with other people, get them involved. Once you get started, it gets easier knowing you are taking steps towards protecting your wellbeing.

You can do this. Start today.

The Red Cross recommends having a seven to fourteen day emergency supply of water and non perishable food. How much water? One gallon per person per day for drinking, cooking and hygiene. If you live in a remote area or an island, plan for a fourteen day supply of food and water. Having a disaster plan and supply kit will increase your ability to help others during times of regional disruption.