

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.



ABOUT THE ICDP

# 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.



325 8<sup>th</sup> Avenue & C Street, Salt Lake City, UT 84143  
(801) 408-5920 • [intermountaincdp@imail.org](mailto:intermountaincdp@imail.org)



1650 Stagecoach Run, Eagle Mountain, UT 84005  
(801) 789 6600 • <https://eaglemountain.com/emergency-management>

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

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### Eagle Mountain City

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