

WEEKLY PREPAREDNESS GOALS

JAN	Obtain a suitable 72-hour kit container (backpack, duffel bag, garbage can w/lid).	<input type="checkbox"/>
JAN	Check the batteries in your smoke detector.	<input type="checkbox"/>
JAN	Place a flashlight next to your bed and one in alternate location; check batteries	<input type="checkbox"/>
JAN	Add 1 1/2 gallons of water per person to 72-hour kit.	<input type="checkbox"/>
JAN	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
FEB	Add a can opener to 72-hour kit.	<input type="checkbox"/>
FEB	Add 2 cans tuna fish/canned meat to 72-hour kit.	<input type="checkbox"/>
FEB	Add 1 large roll paper towels to 72-hour kit.	<input type="checkbox"/>
FEB	Add 1 blanket to 72-hour kit.	<input type="checkbox"/>
MAR	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
MAR	Add 4 rolls toilet paper to 72-hour kit.	<input type="checkbox"/>
MAR	Add 1 bar of soap to 72-hour kit.	<input type="checkbox"/>
MAR	Add stress relief factors to 72-hour kit (books, magazines, coloring books, games).	<input type="checkbox"/>
APR	Add pocket/utility knife to 72-hour kit.	<input type="checkbox"/>
APR	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
APR	Add 1 container of baby wipes to 72-hour kit.	<input type="checkbox"/>
APR	Add 1-2 changes of clothing to 72-hour kit.	<input type="checkbox"/>
MAY	Add 48 ounces of non-carbonated canned juice to 72-hour kit (date for rotation).	<input type="checkbox"/>
MAY	Add 1 can of fruit, 1 can of vegetables to 72-hour kit (date for rotation).	<input type="checkbox"/>
MAY	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
MAY	Add 1 box of matches to 72-hour kit.	<input type="checkbox"/>
MAY	Add hard candy (jolly ranchers, lifesavers) 72-hour kit.	<input type="checkbox"/>
JUN	Add 1 1/2 lb peanut butter 72-hour kit.	<input type="checkbox"/>
JUN	Add Ziploc bags (variety of sizes) 72-hour kit.	<input type="checkbox"/>
JUN	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
JUN	Check the batteries in your smoke detector. Practice escape routes.	<input type="checkbox"/>
JUL	Add 1 box of crackers 72-hour kit.	<input type="checkbox"/>
JUL	Add plastic utensils 72-hour kit.	<input type="checkbox"/>
JUL	Add large candle 72-hour kit.	<input type="checkbox"/>
JUL	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
JUL	Add 1 lb. Graham crackers 72-hour kit.	<input type="checkbox"/>
AUG	Add flashlight 72-hour kit; check batteries.	<input type="checkbox"/>
AUG	Add disinfectant (betadine, bleach, sterile wipes, hadn sanitizer) 72-hour kit.	<input type="checkbox"/>
AUG	Add paper cups to 72-hour kit.	<input type="checkbox"/>
AUG	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
SEP	Add basic first aid kit 72-hour kit.	<input type="checkbox"/>
SEP	Add 1 lb dried fruit 72-hour kit (date for rotation).	<input type="checkbox"/>
SEP	Add 1/2 lb non-fat dried milk 72-hour kit.	<input type="checkbox"/>
SEP	Add battery powered radio 72-hour kit; check batteries.	<input type="checkbox"/>
OCT	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
OCT	Add items related to individual medical needs to 72-hour kit.	<input type="checkbox"/>
OCT	Add diapers, feminine hygiene supplies to 72-hour kit.	<input type="checkbox"/>
OCT	Add toothbrush and 1 tube toothpaste to 72-hour kit.	<input type="checkbox"/>
OCT	Add hand shovel to 72-hour kit.	<input type="checkbox"/>
NOV	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
NOV	Verify each family member's tetanus immunization is up to date.	<input type="checkbox"/>
NOV	Add 1 large roll heavy duty aluminum foil to 72-hour kit.	<input type="checkbox"/>
NOV	Add 1 axe to 72-hour kit.	<input type="checkbox"/>
DEC	Add paper plates to 72-hour kit.	<input type="checkbox"/>
DEC	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
DEC	Add 1-2 boxes pre-sweetened cereal to 72-hour kit.	<input type="checkbox"/>
DEC	Add photocopies of personal documents to 72-hour kit (wills, insurance policies, birth certificates). Send 1 copy to family member/friend in separate location.	<input type="checkbox"/>

Each family member should have a 72-hour kit that contains their individual needed items. Even small children should have their own 72-hour kit; some items listed above are not appropriate for children (axe, shovel, matches) and therefore should be included only in adult kits. This list is a general list and items can be substituted to suit the needs of your family.

96-Hour Emergency Kit

The 96-Hour Emergency Kit should be individually tailored to meet the basic survival needs of your family for four days. Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash-can, suitcase, duffel bag, footlocker, or backpack.

Emergency Needs:

Emergency Preparedness Instruction Manual
First Aid Kit
Sleeping Bags & Blankets (Space Blankets)
Extra Eye Glasses/Contacts
Extra Clothing (including socks)
Money (cash)

Food & Water:

Non-Perishable Food (enough for 4 days)
 Suggested: Ready-to-eat goods in water tight container, canned meats, juice, fruits & vegetables, powdered milk, infant care foods, crackers, peanut butter, freeze-dried & dehydrated goods, MRE's, fuel energy bars, granola, flavored water packages
Spice container (Salt, pepper, oregano, etc...)
Can-Opener
Camping plate, cup, and utensils
Folded Aluminum Foil
Water Storage (1 gallon/person/day)
Water Purification/Filtration
Water Bottle

Tools & Information:

Utility Knife/Multi-tool
Flashlight (Crank or Pack Extra Batteries)
Emergency Candles
Pens & Paper (including permanent markers)
Copies of important documents (insurance, marriage certificate, mortgage, automobile ownership, driver's license, birth certificate, etc...)
Battery/Crank Weather Radio

List of important addresses/phone numbers
Work Gloves
Tool Kit
Signal Mirror
Whistle
Chemical Light Sticks
Bandana
Rain Poncho
Parachute cord/Rope
Duct Tape
Razor Blades
Waterproof/Windproof Matches
Lighter
Flint Steel
Tarp

Sanitation

5/6 gallon bucket
Port-a-Potty lid
Port-a-Potty bags
Port-a-Potty chemicals
Latex-Free Gloves
3M N95 Particulate Respirator
Toilet Paper Rolls
Toothbrushes, paste, and floss
Facial tissue packs
Combs & Razors
Soap
Waterless Sanitizer
Wet Wipes
Deodorant
Feminine Hygiene
Chap Stick
Nail Clippers
Lotion

First Aid:

Pain Relievers
Rubbing Alcohol
Alcohol Swabs
Cotton Balls/Swabs
Anti-bacterial Ointment
Anti-itch cream
Roller Gauze and Pads
Triangular Bandage
Elastic Bandage
Safety Pins
Scissors
Laxatives & Anti-Diarrheal
Allergy medication
Thermometer
Medical Adhesive Tape
Tweezers
Splints
Heavy String
Adhesive Bandages
Super Glue
Moleskin
Dental temporary crown paste
CPR Mask
Latex & Non-Latex Gloves

Other Items to Consider

Stress Reducers: Games, puzzles, books, magazines, & crafts
Travel size sewing kit
Zip ties
USB/Hard drive with important photos/documents
Special medications
Pet 96-Hour Kit/First Aid
Chemical hand warmers

