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# 20 WEEKS to Preparedness



Building a Disaster Supply Kit:  
A 20-Week Checklist



**American  
Red Cross**

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**American Red Cross**  
Central Coast Region

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# BE RED CROSS READY

It's important to prepare for possible disasters and other emergencies which can strike suddenly, at any time and anywhere. There are three actions everyone can take that help make a difference.



This brochure is intended to provide you with an easy to use “20-Weeks to Preparedness” checklist to prepare for the next disaster. Your ability to be prepared could be the difference between surviving an earthquake, fire, flood or tsunami.

At the end of the 20 weeks, you will have a comprehensive supply kit that will last for 4-5 days (based on using one gallon of water per day and recommended rationed meals). Your total investment will depend on how prepared you want to be and how many people you will be caring for during a disaster. The recommendation is to have all of these supplies stored together where they can be easily accessible.

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### **Grocery Store:**

- 1 gallon water \*
- 1 jar peanut butter
- 1 powdered juice mix \*
- 1 canned/dried meat \*

### **Optional:**

- pet food, diapers, and baby food

**To Do:** Find out what kinds of disasters can happen in your area. Date each perishable food item using a marking pen.

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### **Hardware Store:**

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- Heavy cotton or hemp rope
- Duct tape
- 2 flashlights solar/crank/battery
- Matches in waterproof container
- Battery/solar/crank powered radio

### **Optional:**

- leash or carrier for your pet

**To Do:** Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment.

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\* Purchase one for each member of the family

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### **Grocery Store:**

- 1 gallon water \*
- 1 canned/dried fruit \*
- 1 canned/dried meat \*
- Feminine hygiene supplies
- Paper and pencils
- Map of your town
- Aspirin or non-aspirin pain reliever
- Laxative

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### **Optional:**

- 1 gallon of water for each pet

**To Do:** Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disasters.

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### **Hardware Store:**

- Patch kit and can of tire sealant for the tires of mobility aids
- Signal flare

### **Optional:**

- Extra medications or prescriptions specially marked for “emergency use.”

### **To Do:**

Develop a personal disaster plan. Give copies of the following lists to your network: emergency information list, medical information contacts, disability related supplies and special equipment list, and personal disaster plan.

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## Grocery Store:

- 1 gallon water \*
- 1 canned/dried fruit \*
- 1 canned/dried meat \*
- 1 can vegetables \*
- 2 rolls toilet paper
- Extra toothbrush
- Travel size toothpaste

## Optional:

- Food for special diets

**To Do:** Make a floor plan of your home including primary escape routes. Identify safe places to go in case of a disaster. Practice a fire drill and earthquake drill with your family.

## First Aid Supplies:

- Sterile adhesive bandages in assorted sizes
- Adhesive tape
- Vinyl gloves
- Sunscreen
- Gauze pads
- Sterile roller bandages

# 6

## Optional:

- Extra hearing aid batteries

**To Do:** Check with child's day care center or school/Nursing home to find out about their disaster plan. Ask your local emergency management office if emergency transportation services are available in case of evacuation.

\* Purchase one for each member of the family

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## Grocery Store:

- 1 gallon water \*
- 1 can ready-to-eat soup \*  
(not concentrated)
- 1 canned/dried fruit \*
- 1 can vegetables \*
- Sewing kit
- Disinfectant

## Optional:

- Extra baby bottles, formula, and diapers

**To Do:** Establish an out-of-town contact to call in case of emergency. Share this information with your family so they know whom to call immediately after a disaster.

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## First Aid Supplies:

- Scissors
- Tweezers
- Thermometer
- Liquid antibacterial hand-gel
- Disposable hand wipes
- Needles
- Petroleum jelly or other lubricant
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# 8

## Optional:

- Extra eyeglasses for first aid kit.

**To Do:** Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency.

### **Grocery Store:**

- 1 can ready-to-eat soup \*  
(not concentrated)
- Liquid dish soap
- Household chlorine bleach
- 1 box heavy-duty garbage bags
- Antacid (for stomach upset)



### **Optional:**

- Saline solution and a contact lens case

**To Do:** Choose a signal with your family that indicates you are okay and have left the disaster site. If you have a communication disability, store a word board in kit.



### **Hardware Store:**

- Waterproof portable plastic container for important papers
- Tools needed to turn off utilities

**To Do:** Get you and your family familiar with gas meter and water meter shutoffs. Discuss when it is appropriate to turn off utilities. Attach a wrench next to the cutoff valve of each utility meter so it will be there when needed. Make photocopies of important papers and store safely. Establish a stash of emergency funds in case of disaster. (About \$50.00 in single dollar bills).

\* Purchase one for each member of the family

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**Grocery Store:**

- 1 large can juice\*
- Large plastic food bags
- 1 box snacks
- 3 rolls paper towels
- Medicine dropper

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**To Do:** Store a roll of quarters for emergency phone calls. Store an extra cell phone charger in your kit. Test your smoke detectors, replace the battery in each detector that does not work.

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**Animal Care Store:**

- Extra harness, leash, ID tags, and food for pets
- Litter/pan
- Extra water

**Veterinarian:**

- Obtain current vaccination records and medications for your pets.

**To Do:** Develop a pet care plan in case of disaster. Make photocopies of all vaccination records and put in kit.

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## Hardware Store:

- Whistle
- Pliers
- Screwdriver
- Hammer
- Building code approved water heater strapping materials.

**To Do:** Take a First Aid/CPR class from your local Red Cross. (<http://classes.redcross.org> ) Arrange to have your water heater strapped to wall studs according to local building codes.

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## Grocery Store:

- 1 can fruit\*
- 1 can meat\*
- 1 can vegetables\*
- 1 package eating utensils
- 1 package paper cups
- 1 treat (non-perishable, such as candy)\*

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**To Do:** Make sure your network and neighbors know what help you may need in an emergency and how to best assist. Practice using alternate methods of evacuation with your family. Make sure your children are familiar with your out of town contact.

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\* Purchase one for each member of the family

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**Hardware Store:**

- Extra flashlight batteries
- Extra battery for portable radio
- Assorted nails
- Wood screws
- Labels for your equipment and supplies

**To Do:** Make arrangements to bolt bookcases and cabinets to wall studs. Label equipment and attach instruction cards.

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**Grocery Store:**

- 1 box snacks
- 1 can meat\*
- 1 can vegetables\*
- 1 box facial tissues
- Dried fruit/nuts

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**To Do:** Find out if you have a neighborhood safety organization, and join it. Develop a disaster supplies kit for your vehicle ([www.redcross.org](http://www.redcross.org)). Find out about your workplace disaster plan.

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**Grocery Store:**

- 1 box graham crackers
- Assorted plastic containers with lids
- Dry cereal

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**First Aid Supplies:**

- Anti-diarrheal medication
- Rubbing alcohol
- Antiseptic
- Syrup of ipecac and activated

**To Do:** Arrange for a friend or neighbor to help with your children if you are not able to respond or are at work.

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**Hardware Store:**

- “Childproof” latches or other fasteners for your cupboards
- Double-sided tape or
- Velcro to secure moveable objects
- Plastic bucket with tight lid
- Plastic sheeting

**To Do:** Arrange for someone to install latches on cupboards and secure moveable objects. Set aside a blanket or sleeping bag for each household member.

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\* Purchase one for each member of the family

### **Grocery Store:**

- 1 box snacks
- Comfort foods  
(such as cookies or chips)
- Plastic wrap
- Aluminum foil

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### **Optional:**

- Denture care items

**To Do:** Review your insurance coverage with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed. Purchase and install an emergency escape ladder for upper story windows, if needed.

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### **Hardware Store:**

- Utility knife
- Work gloves
- Safety goggles
- Dust masks
- USB Drive

### **Specialty Store:**

- Get an extra battery for motorized mobility aids

**To Do:** Use a camera to take photos/video of the contents of your home for insurance purposes. Make a copy of the recording and send to an out-of-town friend or family member, and upload to Flickr or other online database.

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# EMERGENCY INFO

*Please complete this form, photo copy and distribute copies to your family members and emergency contact network.. You can also add to your cell phone contact information.*

**Name:**

**Address:**

**Birth Date:**

**Telephone Number:**

**Local Emergency Contact Person:**

**Contact Person's Numbers:**

**Emergency Network Members:**

**Emergency Network Members Contact Info:**

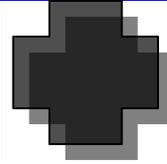
**Out-of-Town Contact:**

**Out-of-Town Contact's Numbers:**

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# MEDICAL

INFO



*Please complete this form, photo copy and distribute copies to your family members and emergency contact network.. You can also add to your cell phone contact information.*

**Primary Physician:**

**Telephone Number:**

**Address:**

**Hospital :**

**Type of Health Insurance:**

**Policy Number:**

**Blood Type:**

**Allergies and Sensitivities:**

**Medications and Dosages Being Taken:**

**Specific Medical Conditions:**

**Physical and Cognitive Difficulties/  
Limitations:**

# BE**RED**CROSSREADY

Santa Barbara County  
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San Luis Obispo County  
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Central Coast Region

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