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

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.

King, Kitsap & North Mason Counties Chapter:
Seattle 206-323-2345 / Bremerton 360-377-3781
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

For more information about disaster preparedness, visit us online at: safeinthesound.org
Click on “Contact Us” to find your closest Red Cross Chapter.
<table>
<thead>
<tr>
<th><strong>WEEK 1</strong></th>
<th><strong>WEEK 2</strong></th>
<th><strong>WEEK 3</strong></th>
<th><strong>WEEK 4</strong></th>
<th><strong>WEEK 5</strong></th>
<th><strong>WEEK 6</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GROCERY Store</strong></td>
<td><strong>HARDWARE Store</strong></td>
<td><strong>GROCERY Store</strong></td>
<td><strong>HARDWARE Store</strong></td>
<td><strong>GROCERY Store</strong></td>
<td><strong>HARDWARE Store</strong></td>
</tr>
<tr>
<td>✔ 2 gallons water*</td>
<td>✔ American Red Cross Kit OR Buy</td>
<td>✔ 2 gallons water*</td>
<td>✔ Compass</td>
<td>✔ American Red Cross First Aid Kit which includes sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, sterile bandages, latex gloves</td>
<td>✔ American Red Cross First Aid Kit, which includes bands, tourniquet, antiseptic wipes, adhesive bandages, antiseptic cream, burn ointment, and antistain pads.</td>
</tr>
<tr>
<td>✔ 1 jar peanut butter</td>
<td>✔ American Red Cross Kit OR Buy</td>
<td>✔ 2 cans meat*</td>
<td>✔ Medicines / prescriptions for emergency use, contact-lens supplies</td>
<td>✔ Bandage / Ace bandages, splints, and scissors</td>
<td>✔ Sterile gauze pads and rolls, scissors, safety pins, and tweezers.</td>
</tr>
<tr>
<td>✔ 3 cans meat*</td>
<td>✔ American Red Cross Kit OR Buy</td>
<td>✔ 2 cans fruit*</td>
<td>✔ Travel toothbrushes</td>
<td>✔ Elastic tape and gauze strips</td>
<td>✔ Elastic support bandages, first aid tape, and bandage scissors.</td>
</tr>
<tr>
<td>✔ 1 hand-operated can opener</td>
<td>✔ American Red Cross Kit OR Buy</td>
<td>✔ Feminine hygiene supplies</td>
<td>✔ Travel toothpastes</td>
<td>✔ Gauze and roller bandages</td>
<td>✔ Adhesive bandages, sterile gauze squares, and adhesive tape.</td>
</tr>
<tr>
<td>✔ Permanent marking pen</td>
<td>✔ American Red Cross Kit OR Buy</td>
<td>✔ Paper &amp; pen</td>
<td>✔ Safety pins</td>
<td>✔ Gauze wraps and bandages</td>
<td>✔ Antiseptic wipes, antiseptic cream, and burn ointment.</td>
</tr>
</tbody>
</table>

**Additional:**
- pet food, diapers, baby food
- 3 cans meat*
- 3 cans fruit*
- 3 cans vegetables*
- Sewing kit
- Disinfectant

**Action Steps:**
- Data perishable supplies on computer
- Decide upon & notify out-of-area contact who can coordinate information for scattered family members.

**Action Steps:**
- Sign up for First Aid CPR class at local American Red Cross
- Encourage neighbors to develop their own plans

**Action Steps:**
- Find out about what kinds of disasters can happen in your area
- Identify safe places to go in case of fire, flood, earthquake, or other local disasters

**Action Steps:**
- Practice a drill for each of your plans


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**WEEK 7**

<table>
<thead>
<tr>
<th><strong>WEEK 8</strong></th>
<th><strong>WEEK 9</strong></th>
<th><strong>WEEK 10</strong></th>
<th><strong>WEEK 11</strong></th>
<th><strong>WEEK 12</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GROCERY Store</strong></td>
<td><strong>FIRST AID SUPPLIES</strong></td>
<td><strong>GROCERY Store</strong></td>
<td><strong>GROCERY Store</strong></td>
<td><strong>GROCERY Store</strong></td>
</tr>
<tr>
<td>✔ 3 cans ready-to-eat soup (not concentrated)*</td>
<td>✔ Scissors</td>
<td>✔ 3 cans ready-to-eat soup*</td>
<td>✔ Large can juice*</td>
<td>✔ Litter and box supplies</td>
</tr>
<tr>
<td>✔ 3 cans fruit*</td>
<td>✔ Tweezers</td>
<td>✔ Liquid dish soap</td>
<td>✔ Large plastic food bags</td>
<td>✔ Paper and PETCARE Store</td>
</tr>
<tr>
<td>✔ 3 cans vegetables*</td>
<td>✔ Thermometer</td>
<td>✔ Household chlorine bleach with medicine dropper for water treatment</td>
<td>✔ 1 box high-energy snacks</td>
<td>✔ Plastic wrap</td>
</tr>
<tr>
<td>✔ Sewing kit</td>
<td>✔ Liquid antibacterial hand soap</td>
<td>✔ 1 box heavy-duty garbage bags with ties</td>
<td>✔ 3 rolls paper towels</td>
<td>✔ Aluminum foil</td>
</tr>
<tr>
<td>✔ Disinfectant</td>
<td>✔ Disinfectant wipes</td>
<td>✔ Antacid (upset stomach)*</td>
<td>✔ Additional:</td>
<td>✔ Disposable dust mask*</td>
</tr>
<tr>
<td>✔ Petroleum jelly ointment</td>
<td>✔ Petroleum jelly ointment</td>
<td>✔ Plastic wrap</td>
<td>✔ First Aid Kit before shopping to avoid duplication</td>
<td>✔ Additional:</td>
</tr>
<tr>
<td>✔ 2 tongue blades</td>
<td>✔ Non-alcohol rubbing cream</td>
<td>✔ Liquid soap</td>
<td>✔ Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and tie the bag to your bed frame</td>
<td>✔ Fire extinguisher, first aid kit, and smoke detectors in each bedroom</td>
</tr>
</tbody>
</table>

**Action Steps:**
- Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and tie the bag to your bed frame
- Test smoke detectors and replace batteries

**Action Steps:**
- Test smoke detectors and replace batteries
- Make sure in everyone in the house knows where to find gas and water meter shut-off valves and how to turn them off
- Attach a wrench near each shutoff valve so it is there when needed

**Action Steps:**
- Photocopy important documents and store in ziptop bag: drivers license, medical prescription, insurance info, will, etc.
- Procure sleeping bags or blanket for each family member
- Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area
- Purchase and install emergency escape ladder for upper floor (available from American Red Cross)


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**WEEK 13**

<table>
<thead>
<tr>
<th><strong>WEEK 14</strong></th>
<th><strong>WEEK 15</strong></th>
<th><strong>WEEK 16</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HARDWARE Store</strong></td>
<td><strong>GROCERY Store</strong></td>
<td><strong>HARDWARE Store</strong></td>
</tr>
<tr>
<td>✔ 2 boxes quick energy snacks</td>
<td>✔ 3 cans fruit*</td>
<td>✔ Plastic bucket with tight lid for toileting needs</td>
</tr>
<tr>
<td>✔ Comfort foods (candy bars, cookies, etc.)</td>
<td>✔ 3 cans meat*</td>
<td>✔ Plastic sheeting</td>
</tr>
<tr>
<td>✔ Plastic wrap</td>
<td>✔ 3 cans vegetables*</td>
<td>✔ Aluminum foil</td>
</tr>
<tr>
<td>✔ Safety goggles</td>
<td>✔ 2 Gallons water*</td>
<td>✔ Disposable dust mask*</td>
</tr>
</tbody>
</table>

**Action Steps:**
- Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area
- Purchase and install emergency escape ladder for upper floor (available from American Red Cross)
- Check your American Red Cross Disaster Kit OR Buy

**Congratulations:**
- Ongoing Action Steps: Change your clocks for day light savings, take the opportunity to revisit your disaster preparedness plan.
- Check expiration dates on your food supply, replenish as needed
- Refill water supply
- Test smoke alarms and change batteries once a year
- Practice fire and earthquake drills

*One person*