

WEEK 1

Grocery Store

- 1 gallon of water*
- 1 jar of peanut butter*
- 1 large can juice*
- 1 can meat*
- Hand-operated can opener
- Instant coffee, tea, powdered drinks
- Permanent marking pen to mark date on cans (remember 1 gallon of water for each pet)



Also: Pet food, diapers, and/or baby food if needed.

To Do

- Make a personal preparedness and/or family plan
- Date each perishable food item using marking pen

WEEK 2

Hardware Store

- Crescent wrench
- Heavy rope
- Duct tape

Also: A leash or carrier for your pet, if needed.

To Do

- Check your house for hazards
- Locate your gas meter and water shut/offs and attach a wrench near them

WEEK 3

Grocery Store

- 1 gallon of water* (remember 1 gallon of water for each pet)
- 1 can meat*
- 1 can fruit*
- Feminine hygiene products
- Video tape (see below)

Also: Pet food, diapers, and/or baby food, if needed.

To Do

- Use a video camera to tape the contents of your home for insurance purposes
- Store video tape with friend/family member who lives out of town

WEEK 4

Hardware Store

- Plumber's tape
- Crowbar
- Smoke detector with battery

Also: Extra medications or a prescription marked "emergency use," if needed. Talk to your insurance company to ask if this is allowed.

To Do

- Install or test your smoke detector

WEEK 5

Grocery Store

- 1 gallon of water*
- 1 can meat*
- 1 can fruit*
- 1 can vegetables*
- 2 rolls toilet paper*
- Extra toothbrush*
- Travel size toothpaste

Also: Special food for special diets, if needed.

To Do

- Have a fire drill at home

WEEK 6

First Aid Supplies

- Aspirin and/or acetaminophen
- Compresses
- Rolls of gauze or bandages (in assorted sizes)

Also: Extra hearing aid batteries, if needed.

To Do

- Check with your child's day care or school to find out about their disaster plans

WEEK 7

Grocery Store

- 1 gallon of water*
- 1 can ready to eat soup (not concentrate)*
- 1 can fruit*
- 1 can vegetables*

Also: Extra plastic baby bottles, formula and diapers, if needed.

To Do

- Establish an out-of-state contact to call in case of emergency

WEEK 8

First Aid Supplies

- Scissors
- Tweezers
- Antiseptic
- Thermometer
- Liquid hand soap
- Disposable hand wipes
- Sewing kit

Also: Extra eyeglasses, if needed.

To Do

- Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency

WEEK 9

Grocery Store

- 1 gallon of ready-to-eat soup*
- Liquid dish soap
- Plain liquid bleach
- 1 box heavy-duty garbage bags

Also: Saline solution and a contact lens case, if needed.

To Do

- Send some of your favorite family photos (or copies) to family members out-of-state.

WEEK 10

Hardware Store

- Waterproof portable plastic container (with lid) for important papers
- Portable AM/FM radio (with batteries)

Also: Blankets or sleeping bag for each family member.

To Do

- Make photocopies of important papers and store safely

WEEK 11

Grocery Store

- 1 large can juice*
- Large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels

Also: Sunscreen, if needed.

To Do

- Store a roll of quarters for emergency phone calls
- Go on a hunt with your family to find a pay phone near home

WEEK 12

First Aid Supplies

- Anti-diarrhea medicine
- Rubbing alcohol
- 2 pair latex gloves
- Ipecac syrup and activated charcoal (for accidental poisoning)

Also: Items for denture care, if needed.

To Do

- Take a family trip to practice an evacuation.
- Tie water heater to wall studs using plumber's tape
- Learn about gas meter and water meter shut offs.



Items marked with an asterisk "" should be purchased for each member of the household.*

WEEK 13

Hardware Store

- Whistle
- ABC fire extinguisher
- Pliers
- Vise grips

To Do

- Take a first aid/CPR class



WEEK 14

Grocery Store

- 1 can meat*
- 1 can fruit*
- 1 can vegetables*
- 1 package paper plates
- 1 package eating utensils
- 1 package paper cups
- Vitamins for adults and/or children

To Do

- Make a plan to check on a neighbor who might need help in an emergency

WEEK 15

Hardware Store

- Extra flashlight batteries
- Masking tape
- Hammer
- Assorted nails
- "L" brackets to secure tall furniture to wall studs
- Wood screws

To Do

- Brace shelves and cabinets

WEEK 16

Grocery Store

- 1 can meat*
- 1 can vegetables*
- 1 box large heavy-duty garbage bags
- Kleenex
- 1 box quick energy snacks

To Do

- Find out if you have a neighborhood safety organization and join it!

WEEK 17

Grocery Store

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

To Do

- Arrange for a friend or neighbor to help your children if you are at work

WEEK 18

Hardware Store

- "Child proof" latches or other fasteners for your cupboards
- Double-sided tape or Velcro-type fasteners to secure moveable objects

To Do

- Pack a "go-pack" in case you need to evacuate

WEEK 19

Grocery Store

- 1 box large heavy-duty garbage bags
- 1 box quick emergency snacks (such as granola bars or raisins)

To Do

- Have a tornado drill at home

WEEK 20

Hardware Store

- Camping or utility knife
- Extra radio batteries

Also: Purchase an emergency escape ladder for second story bedrooms, if needed.

To Do

- Find out about your workplace disaster plans

WEEK 21

Hardware Store

- Heavy work gloves
- 1 box disposable dust masks
- Screwdriver
- Plastic safety goggles

WEEK 22

Grocery Store

- Extra hand-operated can opener
- 3 rolls paper towels

WEEK 23

Hardware Store

- Battery powered camping lantern with extra battery or extra flashlights

WEEK 24

Grocery Store

- Large plastic food bags
- Plastic wrap
- Aluminum foil

**For more preparedness information go to
www.readyidaho.org**

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EMERGENCY KIT CHECKLIST



The Emergency Kit Checklist is intended to help you prepare for disasters before they happen.

You can assemble this emergency kit in small steps over a longer timeframe rather than all at once.

Check off each week as you gather the items. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves.

Remember to rotate your perishable supplies and change water every six months.



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

