# Emergency Supply Kit

# 3-Month Calendar & Shopping List

Assemble everything you need for a robust emergency kit by purchasing or collecting a few items each week over the course of three months.

Each week has two categories:

**Things to purchase or collect.** Store these supplies so they are easy to access. Keep them in a backpack, duffle bag, or even a (clean) garbage bin.

**Things to do.** These are simple but critical preparedness activities that will help you and your family stay safe and healthy.

## Week 1: Grocery Store

### Things To Purchase or Collect

* 3 gallons of water per person
* 2 large jars of peanut butter
* 2 large cans of juice
* 4 cans of protein (e.g. meat or beans)
* Hand operated can opener
* 1 permanent marker
* Diapers, baby food, bottles (if applicable)

### Things To Do

* Make a family emergency plan.
* Date each food item you purchase.

## Week 2: Hardware & Supplies

### Things to Purchase or Collect

* Hammer, screwdriver, wrench, and crowbar
* Rope, duct tape, plumber’s tape, cords
* 2 crank or battery-powered flashlights

### Things To Do

* Check house for hazards; secure loose and heavy objects (e.g. TV, shelves) or anything that may tip over during an earthquake.
* Locate gas and water shutoffs and your electrical panel. Make sure you know how to shut off all utilities, attach any necessary tools

## Week 3: Grocery Store

### Things To Purchase or Collect

* 3 gallons of water per person
* 3 large cans of vegetables
* 4 cans of protein (e.g. meat or beans)
* Personal hygiene products

### Things To Do

* Establish an out-of-state friend or family member to contact during an emergency.
* Date each food item you purchase.

## Week 4: Grocery Store

### Things To Purchase or Collect

* 3 gallons of water per person
* 2 cans of fruit and 4 cans of vegetables
* 4 cans of protein (e.g. meat or beans)
* 6 rolls toilet paper
* Toothbrush, toothpaste, and / or denture care
* Any special foods (diabetic, etc.)

### Things To Do

* Film or photograph the contents of your home for insurance purposes. Send the film to a family member or friend out of town.
* Date each food item you purchase.

## Week 5: First Aid

### Things To Purchase or Collect

* Aspirin or acetaminophen
* Hot and cold compresses
* Bandages, gauze, and first aid tape
* Hand and dish soap, hand sanitizer, etc.

### Things To Do

* Check with your child’s school about their emergency and disaster plans.

## Week 6: Grocery Store

### Things To Purchase or Collect

* 3 gallons of water per person
* 6 cans of ready-to-eat soup
* 2 cans of fruit and 4 cans of vegetables

### Things To Do

* Have a home fire drill.
* Take family pictures to put in emergency kit.
* Date each food item you purchase.

## Week 7: First Aid

### Things To Purchase or Collect

* Scissors, tweezers, sewing kit
* Thermometer
* Medical device batteries (e.g. hearing aids, etc.)
* Additional supply of medications (1-3 month)

### Things To Do

* Put shoes and a flashlight under your bed so they are on-hand during an emergency

## Week 8: Hardware & Supplies

### Things To Purchase or Collect

* Water purification (e.g., tablets, filters, bleach)
* Heavy-duty garbage bags
* Waterproof container for vital documents
* Portable radio with batteries

### Things To Do

* As applicable, store a spare set of glasses or contacts and saline solution; make a copy of any prescriptions.

## Week 9: Grocery Store

### Things To Purchase or Collect

* 2 large cans of juice
* 4 boxes of energy bars/snacks
* Plastic food bags and aluminum foil
* 3 rolls of paper towels
* Paper plates, cups, and utensils

### Things To Do

* Back-up/copy important computer files, photographs, documents, etc. Send a copy to a family member or friend out-of-state.
* Date each food item you purchase.

## Week 10: First Aid

### Things To Purchase or Collect

* Diarrhea medicine, allergy medications
* Vitamins
* Latex gloves
* Rubbing alcohol

### Things To Do

* Speak to neighbors to find out who may need help during an emergency, such as the elderly or disabled. Discuss who can help your children if an emergency occurs when you are not home.
* Include extra clothes in your supply kit

## Week 11: Hardware & Supplies

### Things To Purchase or Collect

* Fire extinguisher
* Pliers and work gloves
* Extra batteries for flashlight and radio
* Extra nails and screws
* Emergency blankets, rain protection

### Things To Do

* Find out about your workplace’s emergency preparedness planning.
* Include cash in the kit as you are able.

## Week 12: Hardware & Supplies

### Things To Purchase or Collect

* Dry cereal and crackers
* Quick snacks (e.g. raisins, etc.)
* Assorted plastic storage containers with lids
* Instant coffee, tea, drinks, etc.

### Things To Do

* Have an earthquake or severe weather drill at home.
* Date each food item you purchase.

## A Few More Things to Keep In Mind

### Remember To Rotate Your Supplies

Replace your emergency supply of water every six months. Don’t forget to buy food that you enjoy eating -- this will make it easy to rotate your supplies and keep them fresh. Find occasions to swap out your emergency food supplies such as a camping trips or food donations.

### If You Have Pets…

Remember that pets will need food and water during an emergency too. Be sure to store a few gallons of water for your cat or dog. Also be sure to have a pet carrier or leash available in case you need to leave your home.

### If You Have Kids…

Children are particularly vulnerable during an emergency so make sure you have plenty of supplies to keep them comfortable. Your kit should include their favorite snacks and some games or other activities to help keep them calm and happy if an emergency occurs.

### Note Purchase and Expiration Dates

Mark your food with the purchase date or write a list (especially for more perishable items). Take note of expiration dates of food and other items.

## Questions? Want More Information?

Visit UO Emergency Management and Continuity on the web or contact us directly. Email us at uoem@uoregon.edu.