

WEEKLY PREPAREDNESS GOALS

Month	Equipment	Complete
JAN	Obtain a suitable 72-hour kit container (backpack, duffel bag, garbage can w/lid)	
JAN	Check the batteries in your smoke detector	
JAN	Place a flashlight next to your bed and one in an alternate location; check batteries	
JAN	Add 1½ gallons of water per person to kit	
JAN	Add \$10 cash to kit	
FEB	Add a can opener to kit	
FEB	Add 2 cans of tuna fish/canned meat to kit	
FEB	Add 1 large roll of paper towels to kit	
FEB	Add at least 1 blanket to kit	
MAR	Add \$10 cash to kit	
MAR	Add 4 rolls of toilet paper to kit	
MAR	Add 1 bar of soap to kit	
MAR	Add stress relief factors to kit (books, magazines, coloring books, games)	
APR	Add pocket/utility knife to kit	
APR	Add \$10 cash to kit	
APR	Add 1 container of baby wipes to kit	
APR	Add 1-2 changes of clothing to kit	
MAY	Add 48 ounces of non-carbonated canned juice to kit (date for rotation)	
MAY	Add 1 can of fruit, 1 can of vegetables to kit (date for rotation)	
MAY	Add \$10 cash to kit	
MAY	Add 1 box of matches to kit	
MAY	Add hard candy (jolly ranchers, lifesavers) to kit	
JUN	Add 1½ lb. peanut butter to kit	
JUN	Add Ziploc bags (variety of sizes) to kit	
JUN	Add \$10 cash to kit	
JUN	Check the batteries in your smoke detector. Practice escape routes.	
JUL	Add 1 box of crackers to kit	
JUL	Add plastic utensils to kit	
JUL	Add large candle to kit	
JUL	Add \$10 cash to kit	
JUL	Add 1 lb. Graham crackers to kit	
AUG	Add flashlight to kit; check batteries	
AUG	Add disinfectant (betadine, bleach, sterile wipes, hand sanitizer) to kit	
AUG	Add paper cups to kit	
AUG	Add \$10 cash to kit	
SEP	Add basic first aid kit	
SEP	Add 1 lb. dried fruit to kit (date for rotation)	
SEP	Add ½ lb. non-fat dried milk to kit	
SEP	Add battery and/or solar-powered radio to kit; check batteries	
OCT	Add \$10 cash to kit	
OCT	Add items related to individual medical needs to kit	
OCT	Add diapers, feminine hygiene supplies to kit	
OCT	Add toothbrush and 1 tube toothpaste to kit	
OCT	Add hand shovel to kit	
NOV	Add \$10 cash to kit	
NOV	Verify each family member's tetanus immunization is up to date	
NOV	Add 1 large roll heavy-duty aluminum foil to kit	
NOV	Add 1 axe to kit	
DEC	Add paper plates to kit	
DEC	Add \$10 cash to kit	
DEC	Add 1-2 boxes pre-sweetened cereal to kit	
DEC	Add photocopies of personal documents to kit (wills, insurance policies, birth certificates). Send 1 copy to family member/friend in separate location.	

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.