

WEEKLY PREPAREDNESS GOALS

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

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.