



# Weekly Disaster Supply Checklist



**American  
Red Cross**

This calendar is designed to make it simple to prepare for a disaster before it happens! This will get you started. For a complete list of recommended disaster preparedness please contact the American Red Cross.

***\*\*Remember to change and replace perishable supplies such as food and water every six months.***

## WEEK 1

- ☐ 1 Gallon of water per person
- ☐ 1 can of meat per person
- ☐ Pet Food
- ☐ 1 jar of peanut butter
- ☐ Hand operated can opener
- ☐ 1 gallon of water per pet
- ☐ 1 large can of juice per person
- ☐ Permanent marking pen
- ☐ Purchase a disaster supply storage container

### To Do:

- Take a first Aid/CPR class from American Red Cross.
- Date each food item using a marking pen.

## WEEK 2

- ☐ Heavy cotton or hemp rope
- ☐ Matches in waterproof container
- ☐ Duct Tape
- ☐ 1 gallon of water for each pet
- ☐ 2 Flashlights with batteries
- ☐ Diapers/baby food

### To Do:

- Complete a personal assessment of your needs in a changed disaster environment.
- Keep a pet leash and carrier in an easy to access location.

## WEEK 3

- ☐ 1 gallon of water per person
- ☐ Feminine hygiene products
- ☐ Aspirin or non-aspirin pain reliever
- ☐ 1 can of meat per person
- ☐ Personal hygiene items
- ☐ Laxative
- ☐ 1 can of fruit per person
- ☐ Map of the area

### To Do:

- Find out what kind of disasters can happen in your area.
- Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster.

## WEEK 4

- ☐ Patch kit and can of seal-in-air product for tires of mobility aids
- ☐ Compass
- ☐ Signal Flare

### To Do:

- Include extra medications or prescriptions marked "emergency use".
- Develop a personal disaster plan.
- Develop a disaster supplies kit for your vehicle.

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