

Weekly Preparedness Goals

| Week | Equipment | Completed |
|------|---|--------------------------|
| 1 | Obtain a suitable 72-hour kit container (backpack, duffel bag, garbage can with lid) | <input type="checkbox"/> |
| 2 | Check the batteries in your smoke detector | <input type="checkbox"/> |
| 3 | Place a flashlight next to your bed and one in an alternate location; check batteries | <input type="checkbox"/> |
| 4 | Add 1½ gallons of water per person to kit | <input type="checkbox"/> |
| 5 | Add \$10.00 cash to kit | <input type="checkbox"/> |
| 6 | Add a can opener to kit | <input type="checkbox"/> |
| 7 | Add 2 cans of tuna fish/canned meat to kit | <input type="checkbox"/> |
| 8 | Add 1 large roll of paper towels to kit | <input type="checkbox"/> |
| 9 | Add at least 1 blanket to kit | <input type="checkbox"/> |
| 10 | Add \$10.00 cash to kit | <input type="checkbox"/> |
| 11 | Add 4 rolls of toilet paper to kit | <input type="checkbox"/> |
| 12 | Add 1 bar of soap to kit | <input type="checkbox"/> |
| 13 | Add stress relief factors to kit (books, magazines, coloring books, games) | <input type="checkbox"/> |
| 14 | Add pocket/utility knife to kit | <input type="checkbox"/> |
| 15 | Add \$10.00 cash to kit | <input type="checkbox"/> |
| 16 | Add 1 container of baby wipes to kit | <input type="checkbox"/> |
| 17 | Add 1-2 changes of clothing to kit | <input type="checkbox"/> |
| 18 | Add 48 ounces of non-carbonated canned juice to kit (date for rotation) | <input type="checkbox"/> |
| 19 | Add 1 can of fruit, 1 can of vegetables to kit (date for rotation) | <input type="checkbox"/> |
| 20 | Add \$10.00 cash to kit | <input type="checkbox"/> |
| 21 | Add 1 box of matches to kit | <input type="checkbox"/> |
| 22 | Add hard candy (Jolly Ranchers, Lifesavers) to kit | <input type="checkbox"/> |
| 23 | Add ½ lb. peanut butter to kit | <input type="checkbox"/> |
| 24 | Add Ziploc bags (variety of sizes) to kit | <input type="checkbox"/> |
| 25 | Add \$10.00 cash to kit | <input type="checkbox"/> |
| 26 | Check the batteries in your smoke detector. Practice escape routes. | <input type="checkbox"/> |
| 27 | Add 1 box of crackers to kit | <input type="checkbox"/> |
| 28 | Add plastic utensils to kit | <input type="checkbox"/> |
| 29 | Add large candle to kit | <input type="checkbox"/> |
| 30 | Add \$10.00 cash to kit | <input type="checkbox"/> |
| 31 | Add 1 lb. Graham crackers to kit | <input type="checkbox"/> |
| 32 | Add flashlight to kit; check batteries | <input type="checkbox"/> |
| 33 | Add disinfectant (betadine, bleach, sterile wipes, hand sanitizer) to kit | <input type="checkbox"/> |
| 34 | Add paper cups to kit | <input type="checkbox"/> |
| 35 | Add \$10.00 cash to kit | <input type="checkbox"/> |
| 36 | Add basic first-aid kit | <input type="checkbox"/> |
| 37 | Add 1 lb. dried fruit to kit (date for rotation) | <input type="checkbox"/> |
| 38 | Add ½ lb. non-fat dried milk to kit | <input type="checkbox"/> |
| 39 | Add battery and/or solar-powered radio to kit; check batteries | <input type="checkbox"/> |
| 40 | Add \$10.00 cash to kit | <input type="checkbox"/> |
| 41 | Add items related to individual medical needs to kit | <input type="checkbox"/> |
| 42 | Add diapers, feminine hygiene supplies to kit | <input type="checkbox"/> |
| 43 | Add toothbrush and 1 tube toothpaste to kit | <input type="checkbox"/> |
| 44 | Add hand shovel to kit | <input type="checkbox"/> |
| 45 | Add \$10.00 cash to kit | <input type="checkbox"/> |
| 46 | Verify each family member's tetanus immunization is up to date | <input type="checkbox"/> |
| 47 | Add 1 large roll heavy-duty aluminum foil to kit | <input type="checkbox"/> |
| 48 | Add 1 axe to kit | <input type="checkbox"/> |
| 49 | Add paper plates to kit | <input type="checkbox"/> |
| 50 | Add \$10.00 cash to kit | <input type="checkbox"/> |
| 51 | Add 1-2 boxes pre-sweetened cereal to kit | <input type="checkbox"/> |
| 52 | Add photocopies of personal documents to kit (wills, insurance policies, and 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.