

26 WEEKS TO FAMILY EMERGENCY PREPAREDNESS

WEEK 1	PORTABLE CONTAINER
Get a large portable container with a lid to use as an emergency kit. A plastic storage bin or garbage can works well, particularly one with wheels. Choose an accessible location for the container near an exit and label the container. Make sure all family members know what it will be used for and where it is. You may also want to pack items into individual wheeled carts, carry-alls or packs to make them easier to carry by individual family members.	
WEEK 2	3 DAY SUPPLY OF WATER
Stock your kit with at least a three-day supply of water for every family member and don't forget to include water for pets. It is best to plan for four litres of water per person, per day—two for drinking and two for food preparation and hygiene. You might consider the addition of water purification tablets.	
WEEK 3	PACKAGED FOODS, CANNED MEATS, DRIED FRUIT, MANUAL CAN OPENER & INFANT SUPPLIES
Stock your kit with several varieties of packaged foods, canned meats and dried fruit. Include a manual can opener. If needed, include infant supplies including disposable diapers, disposable bottles, formula, etc. Plan for at least a three-day supply of food for each family member. Some agencies are now recommending stocking up to a 1-week supply.	
WEEK 4	OUT OF AREA PHONE CONTACT
Arrange an out-of-area phone contact person, and keep this and other emergency phone numbers near each telephone. Teach family members these numbers.	
WEEK 5	FOOD ITEMS & SUPPLIES FOR PETS
Add food items and supplies for your pets to your kit.	
WEEK 6	PORTABLE RADIO & EXTRA BATTERIES
Get a portable radio and extra batteries for your emergency kit.	
WEEK 7	LEARN ABOUT HAZARDS
Know the hazards in your community. Find out if the area where you live is vulnerable to landslides, flooding, interface fires or other threats such as hazardous material spills. Also do a home hazard hunt to make your home safer. Secure appliances and heavy furniture and move beds away from overhead objects (heavy mirrors & windows)	
WEEK 8	PREPARE A FIRST AID KIT
Prepare a first-aid kit that includes prescription medications, eyeglasses, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, hydrogen peroxide and other items such as over-the-counter pain pills.	
WEEK 9	SPECIFIC SAFETY TASKS
Give every family member specific safety tasks to do in an emergency. For example, designate one person to be in charge of turning off electricity, one to collect the emergency container, one to track down family members and make sure people with disabilities or special health needs are provided for. Make sure someone is also delegated to looking after any pets.	
WEEK 10	IDENTIFY SAFE PLACES & RECEPTION CENTRES
Identify safe places in your home and on your property. Plan and practice earthquake "drop, cover, hold" or evacuation drills using different escape routes. Know that your community may set up a reception centre for evacuees during an emergency.	

WEEK 11	FAMILY MEETING PLACE
Identify a family meeting place away from home but close to your regular spots (between work/home or school).	
WEEK 12	FLASHLIGHT, EXTRA BATTERIES, CANDLES & WATERPROOF MATCHES
Add a flashlight and extra batteries, along with candles and waterproof matches to your kit.	
WEEK 13	DRIED SOUPS & OTHER ITEMS
Add some dried soups and other items such as peanut butter to your emergency kit.	
WEEK 14	CHECK YOUR INSURANCE POLICIES
Check your insurance policies and make records of your possessions.	
WEEK 15	PLASTIC GARBAGE BAGS & PLASTIC/PAPER DISHES AND CUPS
Stock your kit with large & medium-sized plastic garbage bags (orange/yellow make good visible signals). Large bags can also be used as ponchos, ground covers or blankets. Add plastic/paper dishes & cups.	
WEEK 16	CHANGE OF CLOTHING
Add a change of clothing for each family member to your kit. Be sure to include warm clothing, heavy work gloves and sturdy shoes.	
WEEK 17	ADD ADDITIONAL CANNED / FREEZE DRIED FOOD
Add additional canned or freeze-dried food like stews, tuna fish, baked beans and vegetables to your kit.	
WEEK 18	FIRST AID COURSE HELP / OK SIGNS
Enroll a family member in a First Aid Course. Pack the HELP – OK signs in your kit.	
WEEK 19	ASSEMBLE IMPORTANT DOCUMENTS
Assemble important documents like wills, insurance papers, medical records, credit card numbers, inventory of possessions, identification, etc. Make copies and store originals in a fireproof/waterproof container that will be accessible if your home is damaged.	
WEEK 20	ADD PERSONAL ITEMS
Personal hygiene and sanitary supplies are critical for your emergency kit. Consider toilet paper, hand wipes, soap, toothpaste and bleach. Consider a few comfort items such as a favorite treat or favorite casual clothing for yourself and family members.	
WEEK 21	MILK MAKES IT!
Add evaporated, canned/powdered milk. Consider your family use/need to estimate how much to store.	
WEEK 22	GET A LARGE BUCKET & EMERGENCY TOOLS
Get a large bucket with a tight-fitting lid to use as a toilet, and put it with your emergency kit. Use the bucket to store other emergency tools like an axe, a folding shovel and rope.	
WEEK 23	ADD SLEEPING BAGS OR BLANKETS
Foil blankets take up less space. Consider adding plastic emergency ponchos to your kit.	
WEEK 24	ADD MORE CANNED, FREEZE-DRIED OR DEHYDRATED FOOD PRODUCTS
Add more food products to your kit until you have at least a 3-day supply for each family member!	
WEEK 25	ADD A POCKET KNIFE, CUTLERY & SPARE KEYS
Add a pocket knife, cutlery, a whistle and spare set of house and car keys as well as items such as books, toys and cards as well as a family photo album to your kit.	
WEEK 26!	MEET YOUR NEIGHBOURS!
Meet with neighbours to discuss emergency preparations and the sharing of items such as generators.	