

## 48 WEEKS TO BEING EMERGENCY PREPARED!

at home programme and checklist,

created by John Halldorson, DEEP organizing committee

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| Week<br>1 | -Purchase backpack/gym bag for each family member for Grab and Go Bag.<br>– Attach whistle to each bag   | Week<br>8  | – Put in each container: 1.5 – 3 gal water per person. You might want to consider a separate means of transporting the water for the whole family. |
| Week<br>2 | -Fill Grab and Go Bag with change of clothes, 2 litres of water, energy bars and personal medications. Store under bed. Ensure Children put a favorite toy and book in their Grab and Go Bag | Week<br>9  | Put in each container: 3x sticks jerky, 3 x 8oz cans of fruit (applesauce, pears, peaches)<br>-1x small box tea, hot chocolate, instant coffee     |
| Week<br>3 | -Purchase Hard Hat/Safety Helmet, work gloves and safety goggles for each family member and place beside/inside Grab and Go bag. Place pair of closed toe shoes/boots under bed.             | Week<br>10 | Put in each container: ½ pound of instant powered milk, and 1 envelope of powdered juice drink (Tang, Gatorade)                                    |
| Week<br>4 | -Put flashlight/head lamp, matches and belt knife in adult Grab and Go bags.   | Week<br>11 | Put in each container: bedding. This should be a sleeping bag or 1 blanket, 1 cloth  |

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|        | Put headlamp and child’s favorite snack in their Grab and Go Bag.  |         | sheet, & 1 plastics sheet for a ground cover, instead. In practising your family evacuation drill, train family members to quickly roll up sheet and blankets together as they get out of bed and bring these with them as they leave their rooms |
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| Week 5 | – Get portable containers for each family member: a plastic bucket, a suitcase, a box, etc. Plan for means of transporting, if necessary: a wagon, luggage cart, grocery cart, etc. Select an accessible location for the containers and inform all family members where they will be kept.                              | Week 12 | -Put in each container 2 x cans/packs of soup, 1 x box Kraft Dinner, 1 sleeve Crackers and 1x special treat.  |
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| Week 6 | – Post emergency phone numbers near each telephone. Teach each family member these numbers including the number of a relative or friend who lives in another province and can be a contact person for your family.<br>– Put in each container 1x 6oz can of tuna or chicken and eating utensils (knife, fork and spoon). | Week 13 | – Put in each container: 1.5 – 3 gal water per person. ½ pound of trail mix, 3 vitamin-mineral supplement tablets   |
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| Week<br>7  | <ul style="list-style-type: none"> <li>– Plan and practice family evacuation drills using 2 different escape routes from each room and meeting outside at an appointed place.</li> <li>– Put \$50.00 in small bills in each adult bag.</li> </ul>     | Week<br>14 | <ul style="list-style-type: none"> <li>– Put in each container: 1x package jerky, 2 x cans of canned fish</li> <li>– Put in each container: 1 tube of Chapstick, 1x roll of quarters for phone calls.</li> </ul> |
| Week<br>15 | <ul style="list-style-type: none"> <li>– Put in each container: 1 small can opener (army style), 1x can Vienna sausages</li> <li>– Put in each container: 1.5 – 3 gal water per person.</li> </ul>  | Week<br>25 | <ul style="list-style-type: none"> <li>– Put in each container: 6 individual wrapped handiwipes, 15 paper towels, sanitary pads for any family member needing them, and toilet paper rolled up</li> </ul>        |
| Week<br>16 | <ul style="list-style-type: none"> <li>– Put in each container: 3x granola bars, 3x 8oz cans of fruit juice</li> </ul>  | Week<br>26 | <ul style="list-style-type: none"> <li>1 small package Kleenex, 1 can nuts (almonds, peanuts, cashew, sunflower seeds), 1 box of pasta</li> </ul>  |
| Week<br>17 | <ul style="list-style-type: none"> <li>– Put in each container: 2 large (30-40 gal) plastic bags (to be used as a poncho, ground cover, or blanket), 6 medium (13 gal) plastic bags, a plastic cup &amp; dish and 6-10 small paper plates.</li> </ul> | Week<br>27 | <ul style="list-style-type: none"> <li>– Put in each container of those over 12 years old: 12 waterproof matches with sandpaper for striking, 1 candle in a jar, 1 small pocketknife or paring knife.</li> </ul> |
| Week<br>18 | <ul style="list-style-type: none"> <li>– Put in each container: 1 small package Kleenex, 1 can nuts (almonds, peanuts, cashew, sunflower seeds), 1 x</li> </ul>   | Week<br>28 | <ul style="list-style-type: none"> <li>– Put in each container: 6 safety pins of assorted sizes, 1 towel, 1 washcloth, small bar of soap, flashlight and batteries.</li> </ul>                                   |

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|         | small container of nut butter and 1 x honey.   |         |  |  |
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| Week 19 | – Add 1 change of clothing for each person: underwear, socks, shirt, pants, sweater, hat, work gloves (for those who are helping with cleanup), jacket, & sturdy shoes/work boots. | Week 29 | – Put in each container: brush and/or comb, toothbrush and toothpaste                              |  |
| Week 20 | – Put in containers: 10-20 foot length of rope, water purification tablets, or medicine dropper with a small bottle of bleach, 1 bar of soap.                                      | Week 30 | – Put in \$50.00 in small bills  |  |
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| Week 21 | Put in ONE container: scissors, tweezers, triangular bandage, needles and spool of thread, cotton, consecrated oil and dish soap.  | Week 31 | – In each put a favorite book, box of rice/noodles, 1x box oatmeal, 2x boxed milk                  |  |
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| Week 22 | – Put in ONE container: Diarrhea remedy, elastic bandage, gauze bandages, ipecac syrup, upset stomach remedy, 6 gauze pads.  | Week 32 | – Put in ONE container: small container of dish detergent, dishpan, screwdriver, a pair of pliers. |  |
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| Week<br>23 | – Put in each container: 1 pkg of rice cakes, paper & pencil, 1 small game (Uno, etc). Fill out medical release form for each minor child in family and put in appropriate containers | Week<br>33 | – Put in ONE container: small hammer, and nails, electrical tape, adjustable wrench, signal flares  |
| Week<br>24 | – Put in each container: 2x can pork and beans, 3 fruit rolls (fruit leather), 3 X 8oz cans fruit juice.  | Week<br>34 | – – Assemble in accessible place for quick evacuation: personal documents (genealogy, religious documents, will, insurance papers, contracts, financial records, passports, medical records, inventory of possessions, picture albums.              |
| Week<br>35 | – Put in ONE container: sunscreen, hand lotion, fingernail clippers, deodorant, nail file, and small bottle of aspirin or Tylenol.  | Week<br>42 | – If you have an infant in your family, include: disposable diapers, formula, disposable bottles and nipples, warm sleeper, warm blanket, hooded jacket, baby food, crackers, pacifier, teether, toys, baby aspirin, Vaseline, changes of clothing. |
| Week<br>36 | – Put in ONE container: Battery-operated radio with extra batteries, scriptures, favourite family book(s)   | Week<br>43 | – Add \$50.00 small bills   |
| Week<br>37 | – Put in ONE container: mirror (if desired), shampoo, razor and shaving   | Week<br>44 | -Add 2 gallons of water per person and 2 large tarps.   |

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|         | cream, cotton Q-tips, sore throat lozenges, hydrogen peroxide, alcohol, Band-Aids, adhesive tape  |         |  |  |
| Week 38 | – Put in ONE container: FIRST AID BOOK, sanitary pads (to stop bleeding) burn medication, prescriptions (put personal prescriptions in that person’s container rather than keeping all prescriptions in one container). | Week 45 | – Add 1x case of soup and 1 case Kraft Dinner.<br>– 6 each small dessert cups, 1x box granola bars, and 1x small can of nuts |  |
| Week 39 | – Put in ONE container: Diarrhea remedy, elastic bandage, gauze bandages, ipecac syrup, upset stomach remedy, 6 gauze pads  | Week 46 | Add some of family favorite snacks, games and books  |  |
| Week 40 | – Get a large bucket with a tight-fitting lid to be used as a toilet (some of the families’ preparedness equipment could be kept inside), a folding shovel and an axe.  | Week 47 | Add camp stove and pot set to supplies   |  |
| Week 41 | Put in ONE container: spare car and houses keys, spare glasses, etc, needle and spool of thread, whistle on a string.   | Week 48 | Add Camp Lantern and extra batteries for flashlights etc   |  |

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|  | TAKE A BREAK AND PREPARE A PLAN TO START ROTATING FOOD AND WATER OVER THE NEXT 6-8 MONTHS |  |  |  |
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