

| Week 1  | Week 2   |
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| <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 jar peanut butter</li> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> Hand-Operated can opener</li> <li><input type="checkbox"/> Permanent marking pen</li> </ul> <p>ALSO: pet food, diapers, and baby food if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out what kinds of disasters can happen in your area</li> <li><input type="checkbox"/> Date each perishable food item using the marking pen</li> </ul>   | <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy cotton or hemp rope</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> 2 flashlights with batteries</li> <li><input type="checkbox"/> Matches in waterproof container</li> <li><input type="checkbox"/> Battery-powered radio</li> </ul> <p>ALSO: a leash or carrier for your pet</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment</li> </ul>  |
| Week 3  | Week 4   |
| <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> Feminine hygiene supplies</li> <li><input type="checkbox"/> Paper and pencils</li> <li><input type="checkbox"/> Map of your town</li> <li><input type="checkbox"/> Aspirin or non-aspirin pain reliever</li> <li><input type="checkbox"/> Laxative</li> </ul> <p>ALSO: 1 gallon of water for each pet</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Create a personal support network that can help you identify and obtain the resources you will need to cope effectively with disaster. This may include members of your household, friends, neighbors, and out-of-area relatives.</li> </ul> | <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Patch kit and can of tire seal ant for the tires of mobility aids</li> <li><input type="checkbox"/> Signal flare</li> <li><input type="checkbox"/> Compass</li> </ul> <p>ALSO: extra medications or prescriptions marked for “emergency use.”</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a personal disaster plan</li> <li><input type="checkbox"/> Give copies of the following lists to your network                             <ul style="list-style-type: none"> <li>• emergency information list</li> <li>• medical information contacts</li> <li>• disability related supplies</li> <li>• special equipment list</li> <li>• personal disaster plan</li> </ul> </li> </ul> |

\* Purchase one for each member of your household. Replace all food and water every 6 months.

| Week 5  | Week 6  |
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| <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 2 rolls toilet paper</li> <li><input type="checkbox"/> Extra toothbrush</li> <li><input type="checkbox"/> Travel size toothpaste</li> </ul> <p>ALSO: food for special diets, if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a floor plan of your home including primary escape routes</li> <li><input type="checkbox"/> Identify safe places to go in case of a disaster</li> <li><input type="checkbox"/> Practice a fire drill and earthquake drill with your network</li> </ul>                         | <p><b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sterile adhesive bandages in assorted sizes</li> <li><input type="checkbox"/> Adhesive tape</li> <li><input type="checkbox"/> Latex gloves</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Gauze pads</li> <li><input type="checkbox"/> Sterile roller bandages</li> </ul> <p>ALSO: extra hearing aid batteries, if needed</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with child’s day care center or school to find out about their disaster plan</li> <li><input type="checkbox"/> Ask your local emergency management office if emergency transportation services are available in case of evacuation</li> </ul> |
| Week 7  | Week 8  |
| <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Sewing kit</li> <li><input type="checkbox"/> Disinfectant</li> </ul> <p>ALSO: extra plastic baby bottles, formula, and diapers, if needed.</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Establish an out-of-town contact to call in case of emergency</li> <li><input type="checkbox"/> Share this information with your network so they know whom to call</li> <li><input type="checkbox"/> Make arrangements for your network to check on you immediately after a disaster</li> </ul> | <p><b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Liquid antibacterial hand-soap</li> <li><input type="checkbox"/> Disposable hand wipes</li> <li><input type="checkbox"/> Needles</li> <li><input type="checkbox"/> Petroleum jelly or other lubricant</li> <li><input type="checkbox"/> 2 tongue blades</li> </ul> <p>ALSO: extra eyeglasses, if needed. Put in first aid kit.</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency</li> </ul>                                    |

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| Week 9  | Week 10   |
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| <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)*</li> <li><input type="checkbox"/> Liquid dish soap</li> <li><input type="checkbox"/> Household chlorine bleach</li> <li><input type="checkbox"/> 1 box heavy-duty garbage bags with ties</li> <li><input type="checkbox"/> Antacid (for stomach upset)</li> </ul> <p>ALSO: saline solution and a contact lens case, if needed.</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Choose a signal with your network that indicates you are okay and have left the disaster site</li> <li><input type="checkbox"/> If you have a communication disability, store a word board in kit</li> </ul> | <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof portable plastic container (with lid) for important papers</li> <li><input type="checkbox"/> Wrench(es) needed to turn off utilities</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take your network on a field trip to the gas meter and water meter shutoffs. Discuss when it is appropriate to turn off utilities</li> <li><input type="checkbox"/> Attach a wrench next to the cutoff valve of each utility meter so it will be there when needed</li> <li><input type="checkbox"/> Make photocopies of important papers and store safely</li> <li><input type="checkbox"/> Establish a stash of emergency funds in case of disaster</li> </ul>  |
| Week 11   | Week 12   |
| <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> Large plastic food bags</li> <li><input type="checkbox"/> 1 box snacks</li> <li><input type="checkbox"/> 3 rolls paper towels</li> <li><input type="checkbox"/> Medicine dropper</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Store a roll of quarters for emergency phone calls</li> <li><input type="checkbox"/> Go on a hunt with your family to find a pay phone that is close to your home</li> <li><input type="checkbox"/> Test your smoke detector(s). Replace the battery in each detector that does not work.</li> </ul>                                       | <p><b>Animal Care Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra harness, leash, ID tags, and food for your service animal and/or pets</li> <li><input type="checkbox"/> Litter/pan</li> <li><input type="checkbox"/> Extra water</li> </ul> <p><b>Veterinarian</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Obtain current vaccinations and medical records of your animal(s).</li> <li><input type="checkbox"/> Medications</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a pet care plan in case of disaster</li> <li><input type="checkbox"/> Make photocopies of all vaccination records and put in kit</li> <li><input type="checkbox"/> Put all purchases into kit</li> </ul> |

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| Week 13  | Week 14  |
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| <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Pliers</li> <li><input type="checkbox"/> Screwdriver</li> <li><input type="checkbox"/> Hammer</li> <li><input type="checkbox"/> Perforated metal tape (sometimes called plumbers tape or strap iron)</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a First Aid/CPR class from your local Red Cross</li> <li><input type="checkbox"/> Arrange to have your water heater strapped to wall studs using perforated metal tape.</li> </ul> | <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 package eating utensils</li> <li><input type="checkbox"/> 1 package paper cups</li> <li><input type="checkbox"/> 1 treat (non-perishable, such as candy or chips)*</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure your network and neighbors know what help you may need in an emergency and how to best assist</li> <li><input type="checkbox"/> Practice using alternate methods of evacuation with your network</li> </ul> |
| Week 15  | Week 16  |
| <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra flashlight batteries</li> <li><input type="checkbox"/> Extra battery for portable radio</li> <li><input type="checkbox"/> Assorted nails</li> <li><input type="checkbox"/> Wood screws</li> <li><input type="checkbox"/> Labels for your equipment and supplies</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make arrangements to bolt bookcases and cabinets to wall studs</li> <li><input type="checkbox"/> Label equipment and attach instruction cards</li> </ul>         | <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box snacks</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 box facial tissues</li> <li><input type="checkbox"/> Dried fruit/nuts</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out if you have a neighborhood safety organization and join it</li> <li><input type="checkbox"/> Develop a disaster supplies kit for your car or van</li> <li><input type="checkbox"/> Find out about your workplace disaster plan</li> </ul>   |

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| Week 17   | Week 18   |
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| <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box graham crackers</li> <li><input type="checkbox"/> Assorted plastic containers with lids</li> <li><input type="checkbox"/> Dry cereal</li> </ul> <p><b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Antidiarrheal medication</li> <li><input type="checkbox"/> Rubbing alcohol</li> <li><input type="checkbox"/> Antiseptic</li> <li><input type="checkbox"/> Syrup of ipecac and activated charcoal</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for a friend or neighbor to help with your children if you are not able to respond or are at work</li> </ul> | <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> “Childproof” latches or other fasteners for your cupboards</li> <li><input type="checkbox"/> Double-sided tape or hook-and-loop fasteners (such as Velcro) to secure moveable objects</li> <li><input type="checkbox"/> Plastic bucket with tight lid</li> <li><input type="checkbox"/> Plastic sheeting</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for someone to install latches on cupboards and secure moveable objects</li> <li><input type="checkbox"/> Put away a blanket or sleeping bag for each household member</li> </ul>  |
| Week 19   | Week 20   |
| <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box snacks</li> <li><input type="checkbox"/> Comfort foods (such as cookies, candy bars, chips)</li> <li><input type="checkbox"/> Plastic wrap</li> <li><input type="checkbox"/> Aluminum foil</li> </ul> <p>ALSO: denture care items, if needed.</p> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Review your insurance coverage with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed</li> <li><input type="checkbox"/> Purchase and install an emergency escape ladder for upper story windows, if needed.</li> </ul>                                 | <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Camping or utility knife</li> <li><input type="checkbox"/> Work gloves</li> <li><input type="checkbox"/> Safety goggles</li> <li><input type="checkbox"/> Disposable dust masks</li> <li><input type="checkbox"/> 2 blank videocassettes</li> </ul> <p><b>Specialty Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Get an extra battery for motorized mobility aids</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use a video camera to tape the contents of your home for insurance purposes</li> <li><input type="checkbox"/> Make a copy of the videotape and send to an out-of-town friend or family member</li> </ul> |

Please complete this form and distribute copies to your emergency contact people and to each member in your network.

| Emergency Information   | Medical Information   |
|---|---|
| <p><b>Name</b><br/>_____</p> <p><b>Address</b><br/>_____</p> <p><b>Birth Date</b><br/>_____</p> <p><b>Telephone Number</b><br/>_____</p> <p><b>Local Emergency Contact Person</b><br/>Name _____<br/>Phone: _____</p> <p><b>Network Members</b><br/>Names &amp; Phones: _____<br/>_____<br/>_____<br/>_____</p> <p><b>Out-of-Town Contact</b><br/>Name _____<br/>Phone: _____</p> | <p><b>Primary Physician</b><br/>Name _____<br/>Telephone _____<br/>Address _____<br/>Hospital Affiliation: _____</p> <p><b>Health Insurance</b><br/>Carrier _____<br/>Telephone: _____<br/>Policy # _____</p> <p><b>Key Medical Data</b><br/>Blood type _____<br/>Allergies and Sensitivities _____<br/>_____<br/>Medications and Dosages Being Taken _____<br/>_____<br/>_____<br/>Specific Medical Conditions _____<br/>_____<br/>Physical and Cognitive Difficulties/Limitations _____<br/>_____<br/>_____</p> |



**VOAD**

VOLUNTARY ORGANIZATIONS  
ACTIVE IN DISASTER  
SANTA BARBARA COUNTY

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