

52 WEEKS TO BEING EMERGENCY PREPARED! *DURING A DISASTER IS NOT THE TIME TO PLAN*

Disasters can strike at any time. Events in Indonesia, Pakistan, New Orleans and the Tsunami warning we experienced a year ago are all indications that we need to take preparedness seriously.

Peace of mind can be increased by knowing you have essential supplies on hand and are prepared to be self-sufficient for at least 72 hours but more realistically for seven days. Set up a family meeting now to discuss how you can best prepare for a disaster.

The following is a tool developed by the Alberni-Clayoquot Regional District Emergency Program and is used with their permission.

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| <ul style="list-style-type: none"> □ Week 1: Disaster kit containers: you can either use a separate container for each member of the family or a number of larger containers to use for the family as a whole such as a plastic bucket, suitcase, box, wheeled garbage container etc. Be sure that you can transport them easily on a wagon, luggage rack etc. If you use a separate container for each member of your family. Designate one container as the "main" container as some weeks you will be adding items only to one container. Find an accessible location for the containers to be stored, close to an exit, and known to all family members. □ Week 2: Create a menu for every meal for every day (7 x 3 = 21). Then use the menu to determine what food items you need to include in your containers. | <ul style="list-style-type: none"> □ Week 4: For each family member add: 1 can of soup, 3 small packages of crackers and eating utensils (knife, fork & spoon) □ Week 5: Plan and practice evacuation drills using two different escape routes from each room and meeting at a pre-appointed location. Consider placing an escape ladder on the second floor of a two story home. For each family member add: 1 small can opener, 1 can prepared meat and 1 box/package raisins or other dried fruit. □ Week 3: Post emergency phone numbers near each telephone and instruct all family members on the use of these numbers. Designate a relative or friend living outside of BC as your family contact – ensure that they are prepared to man their telephone once the initial 72 hours have elapsed. After a disaster it is often easier to call out of your region as the local phone lines might be tied up. |
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| <ul style="list-style-type: none"> ❑ Week 6: For each family member, add: 3 granola bars, 3 juice boxes which are vacuum sealed, waxed containers with drinking straws. ❑ Week 7: For each family member add: 2 large plastic bags to be used as a poncho, ground cover, blanket or for trash, waste or water protection, 6 medium plastic bags, a plastic cup and dish and 6 to 10 small paper plates. ❑ Week 8: For each family member add: 1 small package tissues, 1 can nuts (almonds, peanuts, cashews, sunflower seed etc.), small containers of nut butter (peanut, almond, cashew etc.) and honey, jam, salt, pepper and sugar. ❑ Week 9: For each family member add: underwear, socks, shirt, pants, sweater, hat, working gloves, jacket and sturdy shoes. ❑ Week 10: Store four (4) litres (1 gallon) of WATER per person/per day and include addition water for pets. You might want to consider a separate means of transporting the water for the whole family. ❑ Week 11: For each family member add: 1/2 pound of instant powdered milk, 1 envelope powdered juice drink, 1 can evaporated milk and one container "shelf" milk. | <ul style="list-style-type: none"> ❑ Week 12: For each family member add: 3 sticks jerky and 3 cans fruit (applesauce, peaches, pears etc.) ❑ Week 13: For each family member add: 1 package trail mix, 1 can vegetables and enough vitamin-mineral supplement for 7 days ❑ Week 14: For each family member add: bedding. This could be a sleeping bag or two blankets, 2 cloth sheets and two plastic sheets for ground cover. In practicing your family evacuation drill, train family members to quickly roll up sheets and blankets together as they get out of bed and bring these with them as they leave their rooms. ❑ Week 15: If you have an infant in your family, you need to create an infant disaster kit which might contain: disposable diapers. Baby wipes and diaper rash cream, baby soap, formula, disposable bottles and nipples, warm sleeper, warm blanket, hooded jacket, baby food for 3 – 5 days, crackers, pacifiers, teether, baby aspirin, Vaseline, changes of clothing and duplicates of favourite toys. ❑ Week 16: For each family member add: brush and/or comb, toothbrush and toothpaste, shampoo, deodorant, flashlight and batteries. |
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| <ul style="list-style-type: none"> ❑ Week 17: For each family member add: 6 safety pins of assorted sizes, 1 towel, 1 washcloth, 1 small bar of soap and soap dish, battery or wind-up watch or clock. ❑ Week 18: For each family member add: 1 lip balm, spare eyeglasses. 10 quarters for phone calls and one lightweight foil blanket. ❑ Week 19: For each family member add: 6 individually wrapped handwipes or small bottle of hand disinfectant, 15 paper towels and toilet paper rolled up. ❑ Week 20: For each family member over 12 add: matches, water proofed with paraffin or nail polish and piece of sandpaper for striking, 1 candle in a jar and 1 small pocket or paring knife. ❑ Week 21: For each family member add: 1 package rice cakes, paper and pencil, 1 small game (Uno etc.). Fill out medical release form for each minor child in the family and put in appropriate containers. ❑ Week 22: For each family member add: 1 can baked beans, 1 can spaghetti in sauce and 3 fruit rolls or fruit leather. ❑ Week 23: Add to ONE container: 10-20 foot length of rope, water purification tablets, or medicine dropper and small bottle of liquid bleach (odourless), dust masks and eye protectors. | <ul style="list-style-type: none"> ❑ Week 24: Add to ONE container: sunscreen, insect repellent, hand lotion, fingernail clippers, nail file, small bottle of Tylenol or Aspirin and a small bottle of Advil. ❑ Week 25: Add to ONE container a battery operated radio with extra batteries and favourite family books. ❑ Week 27: Add to ONE container: mirror, razor, shaving cream (if desired), cotton swabs, sore throat lozenges, hydrogen peroxide, alcohol, bandages, adhesive tape. ❑ Week 28: Add to ONE container: scissors, tweezers, triangular bandage, needle and spool of thread, cotton and consecrated oil. ❑ Week 29: Add to ONE container: First aid guide, sanitary pads – to stop bleeding and burn medication. Personal medications, prescriptions including prescriptions for glasses, contact lenses in each person's container as necessary. ❑ Week 30: Get a large bucket with a tight fitting lid to use as a toilet, a folding shovel and an axe. ❑ Week 31: Add to ONE container: small container of detergent, dishpan, screwdriver and pair of pliers. ❑ Week 32: Add to ONE container: small hammer and nails, electrical tape, duct tape, adjustable wrench and signal flares. |
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<ul style="list-style-type: none"> ❑ Week 33: Add to ONE container: spare car and house keys, spare glasses, whistle on string ❑ Week 34: Assemble in an accessible place for quick evacuation: copies of personal documents (genealogy, religious documents, will, insurance papers, financial records, passports, medical records, inventory of possessions and picture negatives) ❑ Week 35: Beside each bed place a flashlight with tested and working batteries and a sturdy pair of shoes. ❑ Week 36: Obtain a container to use as an emergency car kit and put into it booster cables, tools, ice scraper and brush. ❑ Week 37: Add to car kit: first aid kit, first aid manual and any required medications. ❑ Week 38: Add to car kit: foil blanket, folding shovel, sand or kitty litter, tow chain. ❑ Week 39: Add to car kit: warning light or flares, fire extinguisher (5 lb. ABC type) and tire repair kit and pump. ❑ Week 40: Add to car kit: bottled water – at least 4 litres, and high energy foods such as granola bars, raisins and peanut butter. ❑ Week 41: Add to car kit: flashlight, spare batteries, candles and waterproof matches. 	<ul style="list-style-type: none"> ❑ Week 42: Add to car kit: toilet tissue, towellettes, baggies, coins for pay phones, pen/pencil and paper. ❑ Week 43: Teach all members of the family how and when and if to turn off electricity, water and natural gas to the house. You would only turn off the gas if you smell or hear a leak. ❑ Week 44: Set aside the following tools in an easily accessible location: crescent wrench, shovel and or broom, pliers and wire cutters. ❑ Week 45: Add to tool location: screwdrivers, duct tape, a roll of plastic tape, strong all purpose work gloves. ❑ Week 46: Create a “comfort kit” for each member of the family which may include reading materials, cards, games, stuffed animals etc. ❑ Week 47: For each family member add: 1 can poultry, seafood or meat spread and 1 can vegetable and meat stew. ❑ Week 48: For each family member add: 3 pouches instant dried soup, coffee, tea and/or hot chocolate. ❑ Week 49: For each family member add: 3 small packages of cereal, 2 packages of cookies, 3 rice cakes and a supply of candies and jellies.
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- **Week 50:** A basic disaster kit should be made up for any and all family pets. This Pet Kit could include: a carrier for each pet, ID photo, vaccination records, registrations, special needs list, sufficient medicines and a muzzle/collar and leash; extra supply of pet food, bowls, can opener, kitchen trash bags, bleach for disinfectant and water purification, kitty litter, blankets towels, paper towels and other waste disposal supplies.



- **Week 51:** Gather your family together and review your emergency evacuation procedures and the contents of your disaster kit, car kit and pet kit. Replace any food items or bottled water as needed, check batteries and smoke detectors
- **Week 52: TWO TIMES A YEAR** when you change your clocks in the spring and fall also do the following:
 - ✓ Replace your supply of stored tap water
 - ✓ Replace outdated food supplies
 - ✓ Inspect your house for potential hazards
 - ✓ Check smoke detector
 - ✓ Check batteries
 - ✓ Practice escape routes

REMEMBER : You must consider any special needs that family members have.

Some additional items you might want to add to your emergency kit:		
Bottle opener	Sealable containers	Sledge hammer
Plastic wrap	Sharp kitchen knife	SOS pads
Saran wrap	Goggles	Hard hat
Emergency stove/Camp Stove	36 hour candle	Safety vest
Cooking fuel	Glow sticks	Tent
Oven mitts	Aluminium foil	Emergency light
Wooden spoons	Cooking pots, pans & covers	Solar powered radio
Liquid dish soap & tea towels	I D bracelets	Cutting board
Survival book	Crow bar	Camping tools