

# Week

# WEEKLY PREPAREDNESS GOALS

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