



# MAKE A 1-MONTH KIT IN 40 WEEKS

The following guide was developed by Deschutes County Sheriff's Office Emergency Management to help you find and get essential supplies for 30 days in case of an emergency or disaster.

All of us should be prepared to shelter at home for up to one month. Our area receives most of its food, fuel, and products from other places. An event that affects roads could affect our ability to buy food and other things that we don't already have. Also, in the event of a disaster, it could be days or weeks before our area receives help. We are all responsible for our own preparedness.

We want to make preparedness easy! We made this plan to help you get 30-days worth of supplies for each person in your household. If you follow the whole program, you will be done in 40 weeks. By taking 40 weeks, you will be spending just a little bit of time and money each week. The first few weeks are designed to be a little "heavier" with items to purchase. The tasks and items to buy evens out throughout the remaining weeks. This guide has many no-cost actions you can take to improve your household preparedness.

Lastly, we also recognize that storing extra goods takes up space which might not be realistic or doable. We encourage you to do the best you can with the space you have available to you.

Here are some general guidelines to keep in mind as you begin this project:

- This checklist is meant to help you get and buy basic things for 72 hours away from home OR one month at home. Additions to this list have been created for families with babies, small children, and other special needs.
- We may not have thought of everything! Please think outside the box and consider all of your family's unique needs before starting.
- Every emergency is different! It may be best to stay where you are and avoid any uncertainty outside by "sheltering in place." The emergency may also mean that you need to leave your home.
- This plan can help you be ready to stay at home, or to evacuate.
- Before you head to the store, look over this checklist and gather items you already have and put them in your tote for at home or your backpack for evacuation. Check items off as you go.
- An important note about your BACKPACK versus your TOTE: Items in your backpack should be the most vital. This backpack is what you will take with you if you have to leave your home. If you can only do one thing, build your backpack and keep it handy.
- Want to get everything at once? Download our one-sheet checklist by visiting [https://sheriff.deschutes.org/One\\_Month\\_Kit\\_Checklists.pdf](https://sheriff.deschutes.org/One_Month_Kit_Checklists.pdf)



# MAKE A 1-MONTH KIT IN 40 WEEKS

- Backpack items are underlined> on the checklist
- This backpack can be stored in the same place as your emergency supply tote, so there's no need to double up the supplies unless you want to. This pack is only for use if you absolutely have to leave your home and you don't have time to grab other supplies.
- Backpack items are placed in the first few weeks of the checklist because they're the most important.
- WATER
  - 1 gallon per person per day is the general standard
  - You will need to store more water for cooking, washing yourself, and pets
  - Water does not expire, but containers used to store it break down over time
  - Extra water can be located in your water heater or toilet tanks (not the bowl)
  - Make sure you have the right tools on hand to drain your water heater and/or move water from your toilet tank(s) as well as supplies to treat contaminated water

<u>Baby/small children:</u>	<u>Pets &amp; service animals:</u>	<u>Other needs:</u>
<ul style="list-style-type: none"> <li>• Diapers</li> <li>• Formula</li> <li>• Baby food</li> <li>• Extra bottles/nipples</li> <li>• Diaper wipes</li> <li>• Extra clothing</li> <li>• Burp rags/small blankets</li> <li>• Teething tablets/gel</li> <li>• Pedialyte or similar</li> <li>• Pacifiers</li> <li>• Infant Tylenol and Motrin</li> <li>• Baby Powder</li> <li>• Diaper rash cream</li> <li>• Ziploc baggies for diapers</li> <li>• Sippy cup</li> <li>• Comfort item(s)</li> </ul>	<ul style="list-style-type: none"> <li>• Food</li> <li>• Spare ID tags</li> <li>• Leashes</li> <li>• Carriers</li> <li>• Kitty litter/litter box</li> <li>• Extra water for pets</li> </ul>	<ul style="list-style-type: none"> <li>• Denture care</li> <li>• Feminine hygiene items</li> <li>• Contacts/supplies</li> <li>• Eyeglasses</li> <li>• Hearing aid batteries</li> <li>• Rx meds, injectables, oxygen, etc. (it is generally not recommended to stockpile medications. Talk with your doctor and/or pharmacist)</li> <li>• Diabetic supplies, test strips, etc.</li> <li>• Medic alert tags/bracelet</li> <li>• Communication aids</li> <li>• Wheelchair/accessories</li> <li>• Spare cane/walker</li> </ul>



# Week 1

- Backpack\*
- Extra large plastic tote\*
- Flashlight and extra batteries\*
- Whistle\*
- Dust mask\*
- Toothbrush/toothpaste\*
- 3 days' worth of high-calorie food\*
- 3 days worth of bottled water\*
- Cash (small bills)
- Spare keys
- 1 roll toilet paper\*

## **PREPAREDNESS ACTION:**

- Identify an area in your home to safely store your supplies (dry and room temperature)
- Sign up for Deschutes Alerts to receive a call or text in case of an emergency ([deschutes.org/911/alerts](https://deschutes.org/911/alerts))
- Connect to the Central Oregon Emergency Information Network to stay up-to-date in an emergency  
Twitter: @COEmergencyInfo  
Facebook: @COEmergencyInfo  
Blog: [coemergencyinfo.blogspot.com](http://coemergencyinfo.blogspot.com)

**\*PER PERSON**

# Week 2

- Deluxe first aid kit
- Pain reliever
- Laxatives
- 2 bottles antacid
- Scissors
- Tweezers
- Thermometer
- Petroleum jelly
- Rubbing alcohol
- Anti-diarrheal
- Antiseptic ointment
- Multi-vitamins
- Prescription meds
- Important documents in a water-proof container/bag
- Warm/waterproof clothing
- Comfort items

## **PREPAREDNESS ACTION:**

- Gather copies of important documents OR scan documents onto a secure internet-based cloud server (passports, driver's license, marriage/birth certificates, vehicle titles, social security cards, immunization records, pet records)

## Week 3

- 1 "case" of water or equivalent\*
- Paper and pen
- Local paper map
- Heavy cotton or hemp rope
- Duct tape
- 2 flashlights or headlamps w/ batteries
- 1 10lb bag of rice

### **PREPAREDNESS ACTION:**

- Find out about what kinds of disasters can happen in Deschutes County (<https://goo.gl/xxJHWL>)
- Date perishable items with marker (continual)
- Decide on and notify an out-of-area contact who can coordinate information for family members. Coach family members how to call/text this person and what to say

**\*PER PERSON**

## Week 4

- Flashing safety light or light wand
- Compass
- Waterproof matches
- Portable stove or grill
- Stove fuel
- 1 hand-operated can opener
- Permanent marker

### **PREPAREDNESS ACTION:**

- Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency (see Week 3)
- Develop kid-friendly contact cards for any children in your family

Week 5	Week 6
<ul style="list-style-type: none"> <li>□ 2 “cases” of water or equivalent*</li> <li>□ 4 cans fruit cocktail*</li> <li>□ 4 cans chili*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>□ Identify escape routes from the house for all family members</li> <li>□ Identify safe places to go in case of fire, flood, earthquake or other disasters</li> </ul> <p><b>*PER PERSON</b></p>	<ul style="list-style-type: none"> <li>□ 4 boxes pasta*</li> <li>□ 8 cans ready-to-eat soup*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>□ Practice a drill for each of your evacuation plans (Week 4)</li> <li>□ Download and start reading the Deschutes County Family Emergency Preparedness Handbook (<a href="http://sheriff.deschutes.org/preparedness_handbook.pdf">sheriff.deschutes.org/preparedness_handbook.pdf</a>)</li> </ul> <p><b>*PER PERSON</b></p>

Week 7	Week 8
<ul style="list-style-type: none"> <li>□ Extra pair of shoes*</li> <li>□ Flashlight w/batteries*</li> <li>□ Extra whistle*</li> <li>□ Work gloves*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>□ Work with your insurance agent to get coverage for your home based on what it would actually cost to rebuild. Review your coverage yearly.</li> </ul> <p><b>*PER PERSON</b></p>	<ul style="list-style-type: none"> <li>□ Warm clothes, socks*</li> <li>□ Blankets*</li> <li>□ Cooking pot</li> <li>□ Utensils*</li> <li>□ Plate, cup, bowl*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>□ Check with your children’s day care or school about their disaster plans and how parents will be contacted if a disaster happens during school hours</li> </ul> <p><b>*PER PERSON</b></p>

Week 9	Week 10
<ul style="list-style-type: none"> <li>☐ 3 rolls toilet paper*</li> <li>☐ Extra stove fuel*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>☐ Replace smoke alarm batteries and download an app or create an electronic calendar reminder to do this every 6 months.</li> <li>☐ Change the batteries when you change your clocks for daylight savings.</li> </ul> <p><b>*PER PERSON</b></p>	<ul style="list-style-type: none"> <li>☐ Gas shutoff wrench</li> <li>☐ Pry bar</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>☐ Make sure everyone knows where to find the gas and water shut off valves and how to turn them off</li> <li>☐ Consider attaching your gas shutoff wrench to your gas meter so it's there when needed</li> <li>☐ <b>DO NOT ACTUALLY TURN YOUR GAS OFF UNLESS IT'S AN EMERGENCY</b>—It requires a professional to turn back on</li> </ul>
Week 11	Week 12
<ul style="list-style-type: none"> <li>☐ Portable battery charger for electronics (10,000 mAh or greater)</li> <li>☐ Spare electronics charging cables</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>☐ Using your reminder app, set a reminder to recharge your portable battery every few weeks</li> </ul> <p><b>*PER PERSON</b></p>	<ul style="list-style-type: none"> <li>☐ 1 "case" of water or equivalent*</li> <li>☐ 4 cans tuna*</li> <li>☐ 4 cans chicken*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>☐ Research First Aid certification classes and sign up for one if you aren't already certified</li> </ul> <p><b>*PER PERSON</b></p>

Week 13	Week 14
<ul style="list-style-type: none"> <li>❑ Battery-powered AM/FM/NOAA radio with extra batteries, or with hand crank</li> <li>❑ 3 rolls toilet paper*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>❑ Photograph or videotape the contents of your home and send the file(s) to an out-of-town friend or relative to store, or store them on your secure cloud server online</li> </ul> <p><b>*PER PERSON</b></p>	<ul style="list-style-type: none"> <li>❑ 1 package of cookies*</li> <li>❑ 4 boxes of granola bars*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>❑ Place above items inside a small bag and tie it to the foot of your bed in case of an earthquake (the string helps keep it from shaking away from the bed)</li> </ul> <p><b>*PER PERSON</b></p>
Week 15	Week 16
<ul style="list-style-type: none"> <li>❑ Pliers or multi-tool</li> <li>❑ Screwdriver (Phillips and standard)</li> <li>❑ Hammer</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>❑ Check with local family, friends and neighbors who may have access or functional needs to see how you can incorporate them into your planning effort</li> </ul>	<ul style="list-style-type: none"> <li>❑ 2 jars peanut butter*</li> <li>❑ 1 box saltines*</li> <li>❑ 1 box graham crackers*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>❑ Mimic the supplies in your backpack (Week 1 &amp; 2) for a vehicle emergency kit, or buy a pre-made kit</li> </ul> <p><b>*PER PERSON</b></p>

Week 17	Week 18
<ul style="list-style-type: none"> <li>❑ 5 gallon bucket for toileting</li> <li>❑ 5 gallon trash bag liners</li> <li>❑ 3 rolls of toilet paper*</li> <li>❑ Container of quicklime (to sprinkle on waste between uses)</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>❑ The average person produces 2-3 pints of urine and about a pound of feces per day. If sewer and water services are not available, having a plan to deal with human waste can make all the difference</li> </ul> <p><b>*PER PERSON</b></p>	<ul style="list-style-type: none"> <li>❑ 3 boxes of instant oatmeal*</li> <li>❑ 4 cans fruit*</li> <li>❑ Extra stove fuel</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>❑ Make standing arrangements with someone to help your children, pets, or family with special needs if you are at work or otherwise unable to return home during a disaster</li> </ul> <p><b>*PER PERSON</b></p>
Week 19	Week 20
<ul style="list-style-type: none"> <li>❑ Household liquid bleach</li> <li>❑ Eye dropper</li> <li>❑ Water filtration system</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>❑ Research water storage methods, rotation timelines, and ways to purify and/or filter water</li> </ul>	<ul style="list-style-type: none"> <li>❑ Electrolyte tabs or powder</li> <li>❑ 12 Ramen or instant noodles*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>❑ Assemble an age-appropriate activity box with playing cards, games, and other favorite toys and books</li> </ul> <p><b>*PER PERSON</b></p>



Week 21	Week 22
<ul style="list-style-type: none"> <li>☐ Sunscreen</li> <li>☐ Safety pins</li> <li>☐ Liquid antibacterial soap</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>☐ Ensure all perishables have been dated, and use your reminder app or calendar to create rotation reminders</li> </ul>	<ul style="list-style-type: none"> <li>☐ Favorite comfort foods*</li> <li>☐ 4 cans stew*</li> <li>☐ 4 cans vegetables*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>☐ Purchase and install emergency escape ladders for upper floor windows</li> </ul> <p><b>*PER PERSON</b></p>

Week 23	Week 24
<ul style="list-style-type: none"> <li>☐ 12 rolls paper towels</li> <li>☐ Gallon Ziploc bags</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p>	<ul style="list-style-type: none"> <li>☐ 4 cans stew*</li> <li>☐ 4 cans beans*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>☐ Begin rotating food and water stores, replacing those purchased during Week 1. Check that your storage area is safe and dry. Continue rotation every 6 months so that fresh stores are always on hand. Use your reminder app or calendar.</li> </ul> <p><b>*PER PERSON</b></p>

## Week 25

- Toilet seat lid made for a 5 gallon bucket OR a pool noodle split lengthwise
- Disinfectant spray

### **PREPAREDNESS ACTION:**

- Update your out-of-area contact if needed. Consider doing a simple drill involving 1-2 family members and your out-of-area contact. Practice using the out-of-area contact as a go-between for simple messages.

## Week 26

- 1 large jar jelly\*
- 1 large jar honey\*
- Extra stove fuel

### **PREPAREDNESS ACTION:**

- Encourage friends and family who live in or visit Deschutes County to sign up for Deschutes Alerts (Week 1)

### **\*PER PERSON**

## Week 27

- Roll of plastic sheeting
- Extra roll of duct tape

### **PREPAREDNESS ACTION:**

- Identify areas in your home that would need to be taped off with duct tape and plastic sheeting in case of a chemical spill or other toxic vapor emergency. Windows, doors, vents and any access to the outside should be sheeted off.

## Week 28

- 4 cans pears\*
- 4 cans pineapple\*
- 4 cans corn\*

### **\*PER PERSON**

## Week 29

- Assorted plastic containers with lids

### **PREPAREDNESS ACTION:**

- Check with your insurance company to see if they provide internet-based software to log and inventory your high-value items. If not, create your own spreadsheet and print it out or store it securely on the cloud. Make sure your pictures and/or video from Week 23 show these items.

## Week 30

- 4 cans green beans\*
- 4 cans mandarin oranges\*

### **PREPAREDNESS ACTION:**

- Practice a drill for each of your evacuation plans
- Practice meeting at each of your evacuation points. Consider identifying a point each for your neighborhood, your town, and in another town

**\*PER PERSON**

## Week 31

- 1 bar of soap\*
- 1 bottle of conditioner
- 1 bottle of shampoo

**\*PER PERSON**

## Week 32

- 2 lbs powdered milk\*
- 3 rolls of toilet paper\*
- 6 boxes easy stovetop-style meals\*

**\*PER PERSON**

Week 33	Week 34
<ul style="list-style-type: none"> <li>□ 2 boxes heavy-duty garbage bags</li> <li>□ Snow shovel</li> </ul>	<ul style="list-style-type: none"> <li>□ 2 packages spaghetti noodles*</li> <li>□ 2 jars spaghetti sauce*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>□ Practice shutting off the gas and water to your home. <b>DO NOT ACTUALLY SHUT OFF THE GAS,</b> as it takes a professional to turn it back on.</li> </ul> <p><b>*PER PERSON</b></p>
Week 35	Week 36
<ul style="list-style-type: none"> <li>□ Shaving razors*</li> <li>□ Shaving cream</li> <li>□ Deodorant*</li> </ul> <p><b>PREPAREDNESS ACTION:</b></p> <ul style="list-style-type: none"> <li>□ Check the charge on your portable electronics' spare battery. Update your reminder app as necessary.</li> </ul> <p><b>*PER PERSON</b></p>	<ul style="list-style-type: none"> <li>□ 6 boxes easy stovetop-style meals*</li> <li>□ Extra stove fuel</li> </ul> <p><b>*PER PERSON</b></p>

Week 37	Week 38
<ul style="list-style-type: none"> <li>□ 1 “case” of bottled water or equivalent*</li> <li>□ 1 box of favorite crackers*</li> </ul> <p><b>*PER PERSON</b></p>	<ul style="list-style-type: none"> <li>□ Aluminum foil</li> <li>□ Plastic-wrap for food</li> </ul>

Week 39	Week 40
<ul style="list-style-type: none"> <li>□ 4 boxes of facial tissue*</li> <li>□ Safety goggles</li> </ul> <p><b>*PER PERSON</b></p>	<ul style="list-style-type: none"> <li>□ Lotion</li> <li>□ Sewing kit w/extra needles</li> <li>□ Disposable hand wipes</li> </ul>

Congratulations! You’ve completed our 40-week program to increasing you and your family’s preparedness. Great job!

