

### Week 13

- Electrolyte replacement drink (sports drink or infant electrolyte solution)
- 1 can fruit\*
- Hard candy
- Comfort/stress food (cookies, instant coffee, sweetened cereal, candy or tea bags)

#### To Do:

- Photocopy important documents, include in kit.

### Week 14

- 1 jar peanut butter
- 1 box crackers
- 1 package eating utensils

#### To Do:

- Discuss with your network and neighbors what help may be needed and how best to assist each other.

### Week 15

- 2 rolls toilet paper
- Bucket with tight-fitting lid
- 1 gallon regular household bleach (DO NOT USE scented, color-safe or bleaches with added cleaners)
- Medicine dropper

#### To Do:

- Review insurance coverage to be sure you are covered for disasters that may happen in your area.

### Week 16

- Work gloves
- 50-foot rope
- Crow bar
- Cash (small bills) or traveler's

#### To Do:

- Keep a card with important health information in kit.

### Week 17

- 1 gallon juice
- 1 can fruit\*
- Garbage bags

#### To Do:

- Arrange for a friend or neighbor to help your children if you are not able to respond.

### Week 18

- Paper cups
- Blanket or sleeping bag\*
- Change of clothing and sturdy footwear\*

#### To Do:

- Volunteer with a local disaster/emergency group (Red Cross, Medical Reserve Corps, CERT team).

### Week 19

- Toothbrush\*/toothpaste

#### To Do:

- Make a smaller kit for your vehicle.

### Week 20

- Hammer
- Screwdriver
- Pliers
- Assorted nails and screws

#### To Do:

- Purchase and install an emergency escape ladder for upper story windows.

**Need more information?  
Please contact 'San Jose  
Neighborhood CERT' at  
[www.sjncert.org](http://www.sjncert.org)**

### Week 21

- Electrolyte replacement drink (sports drink or infant electrolyte solution)
- 1 can vegetables\*
- Comfort/stress food (cookies, instant coffee, sweetened cereal, candy or tea bags)

#### To Do:

- Check with child's school/day care center to find out about their disaster plans.

### Week 22

- Energy bars
- 1 box crackers
- Aluminum foil

#### To Do:

- Take a first aid/CPR class.

### Week 23

- 1 box facial tissues
- Feminine hygiene products

#### To Do:

- Find out about your workplace disaster plan.

### Week 24

- Extra batteries for radio/flashlight
- Dust masks
- Sewing kit

#### To Do:

- Mark your calendar to check your emergency supply kit in six months!

**\*Purchase one for each member of the household.**

### Special Items Your Family May Need:



#### Infant Items:

Formula, diapers, bottles, pacifiers; powdered milk, infant medications.

**Adult/Senior Items:** Prescription medications, vision care items (extra glasses/contact lenses and supplies) diabetic supplies, denture needs, hearing aid batteries.

**Persons with Disabilities/Special Needs:** Communication board, specialized care items (oxygen, catheters, etc.), a list of prescription medications (including dosage and physician's name) and the type and model numbers of required medical devices, portable wheelchair.

Wear a medical alert ID and register with the office of emergency services or the local fire department for assistance so needed help can be provided. If you are dependent on a dialysis machine or other life-sustaining equipment or treatment, know the location and availability of more than one facility. Make sure your support network knows your information and can operate any devices you need.

**Pet Items:** Your pets should always wear a collar and ID/rabies tags. Include food, water, bowls, leash/harness, crate/carrier, medical and vaccination records, sanitation needs (pet litter and litter box, newspapers, plastic bags), and a photo of you and your pet in your preparedness kit.

