

Emergency Supplies Checklist for your **HOME + EVACUATION**

Part 1 - What you need to **SHELTER IN PLACE AT HOME**

WATER

For each person in your family you should store 1 gallon of water p/day for drinking and cooking. Store 2 gal p/person p/day if you ever want to wash your hair. The Red Cross and FEMA say you should have 14 days of water (& food) on hand--number of people in household times 14 gal equals how much water you should store. A family of 4 should store 56 gallons of water. The 1 gal. jugs that milk and water come in are not good for long term storage because the kind of plastic they use will leach chemicals into the water - it gets icky tasting after several months. For single people: a 7 gal container w/spigot for drinking water and 1 gal. jugs for washing, etc. Family: 55 gal. barrel, pump and bung wrench (duct tape it to the barrel so it will be easy to find). *Water Preserver Concentrate* keeps the water 'good' for five years or change water every six months (see Optimum Preparedness website).

- high density plastic water storage container(s)
- bung wrench & barrel pump if you have plastic barrel
- barrel pump if you have plastic barrel
- Water Preserver Concentrate to keep water 'good' for 5 years, or bleach (add more every 6 months)

LIGHTING

Duracell Coppertop batteries now have a 10 year shelf life. Check battery dates & rotate! Don't store batteries in flashlights. Store extra fuel, wicks, chimneys, etc. for oil lamps, and extra bulbs for flashlights and lanterns.

- headlamp w/batteries for hands free mobility
- LED lantern (see our 30-Day Lantern), solar lanterns
- flashlight with batteries
- candles & matches, oil lamps & lamp oil

FOOD

The Red Cross & FEMA say store a two week supply of food for each family member. Some say to store 1 year or more of food (consider it "Food Insurance"). Store foods that require no refrigeration & will store for a long time. Rotate food every 6 months if it isn't packaged for Long Term Storage in Mylar bags with oxygen absorbers or cans. Store foods that you like.

- canned goods, peanut butter, jelly, etc.
- bulk grains, beans, peas, nuts, dried fruits, etc.
- dehydrated food (like Mountain House, Alpine Aire)
- Meals Ready to Eat (MREs), *not good for car kit*
- pet food, baby food, special foods
- comfort foods - helpful during times of stress

FIRST AID

Store a comprehensive **first aid kit** in your home and a smaller one in each car. Use a ready-made kit or assemble your own.

- comprehensive first aid kit & first aid manual
- add-on items to make kit more complete
- personal medications (at least xtra 2 weeks worth)
- aspirin, laxative, antacids, etc.
- band aids, tweezers, thermometer

COOKING

Cook at home without gas or electricity on a portable stove that burns butane (indoors), propane or Coleman fuel (outdoors). *Always* store fuel in its proper container.

- portable stove for indoor use - butane countertop stove & fuel cannisters
- longer term: propane cast iron stove & 5 gal. propane tanks
- wood burning stove and sturdy pots & pans

OTHER SUPPLIES

The ability to remain calm and level headed during an emergency is probably the most important tool you could possess. If you educate yourself now, you will be much calmer when faced with a real situation. You may need tools for rescue, repair and setting up temporary quarters.

- Solar/handcrank AM/FM/NOAA weather radio
- blankets or sleeping bags
- signal whistle
- gas & water shut off wrench
- fire extinguisher
- garbage bags & ties
- extra matches
- scissors to open Mylar bags, can opener
- Big Buddy heater, safe to use indoor (& fuel)

TOOLS

- leather palmed gloves for clearing glass, debris
- plastic sheeting or tarp, duct tape, staple gun
- utility cord or rope, at least 50'
- hammer & nails, pliers, pipe wrench (2)
- screwdrivers
- crow bar for jammed door ways, etc.
- (saw or ax to clear downed tree limbs, folding shovel)
- (bucket to carry water, wash clothes, etc)
- (jumper cables & signal flares for car trunk)

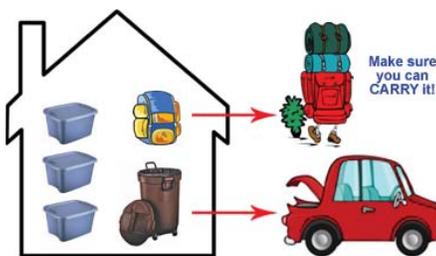
SANITATION

It is important to wash hands to prevent the spread of germs. To save water use pre moistened towelettes.

- portable toilet & toilet bags
- pre moistened towelettes (baby wipes)
- extra diapers, feminine supplies, etc.
- (small shovel to dig latrine pit)

Visit our website at www.OptimumPreparedness.com -- we're your one stop preparedness shop. Got a question? Give us a call or send us an email. We're here to help. Mon-Fri 10am to 5pm PST. 360-339-4329

Part 2 - What you need **IF YOU HAVE TO EVACUATE** your Home



Prepare now. Keep your supplies for your home in plastic, rodent proof containers like the Rubbermaid tubs. In the event of a mandatory evacuation you won't be able to take everything that you have to weather the storm at home. Keep the items you'd need and want for an evacuation in a backpack or duffle that can be carried on your back hands-free if you don't have a car. If you **have** a car, have your evacuation supplies in a rolling garbage can that you can just shove into your trunk or the back of your vehicle. Remember that you should have the most critical items in the garbage can in a daypack so that if you have to abandon your car or leave it for periods of

time, your really important stuff is with you at all times. If you don't have everything you need to assemble a complete Evacuation Kit and Home Supplies Kit, start with whatever you have on hand. Look around the house for things that will work now and go from there. **THE IMPORTANT THING IS TO START NOW.**

WATER

Store the water in your evacuation kit in water pouches (with a 5 year shelf life), plastic water bottles (rotate every 6 months) or stainless water bottles. Water filters or purification tablets may be necessary if you're gone for more than a day.

- 1-2 qts water p/person in leak-proof containers
- water filter/purifier or purification tabs and
- plastic water bottle to "make" more drinking water
- 2-5 gal. collapsible container for carrying water

LIGHTING

Check battery dates and rotate! Do not store batteries in the flashlights.

- 12 hour Snap Lightsticks (at least 2)
- flashlight w/batteries
- headlamp w/batteries for hands free mobility
- LED lantern (see our Pico LED lantern)

FOOD

Have at least a three-day supply of non-perishable food for each person. Select foods that are compact and lightweight (and are not affected by heat if you keep your evacuation kit in your car trunk). Rotate or replace food every 6 months (except for Emergency Food Bars which have a 5 year shelf life and are not affected by heat).

- 3 DayEmergency Food Bar (tastes like a shortbread cookie), 5 year shelf life
- Granola bars, trail mix, dried fruits, nuts
- (Cup-A-Soup, hot cocoa mix, tea etc. if you have a way to make hot water)

COOKING - optional for Evacuation Kit

- small lightweight solid-fuel stove & fuel tabs
- (or a stove like the countertop butane stove & fuel cannisters - safe to use on a picnic table)
- small pan or large SS mug to heat water in
- piece of alum. foil for mug cover/windscreen
- knife, fork & spoon (if it's for a family, get a lightweight plate & mug & cutlery set for each daypack.

FIRST AID

Have a smaller first aid kit in your evacuation bag and a more comprehensive kit with your home supplies.

- minimum midsize first aid kit & latex gloves
- first aid book/manual
- medical information (doctor's name & number, allergies, etc.) and personal medications
- personal medications
- face mask, sunscreen, lip balm
- (spare eyeglasses)

SANITATION

Include diapers if there are babies, and personal hygiene materials for women.

- toilet paper, baby wipes, trash bag
- camper's trowel to bury human waste (!)
- feminine hygiene supplies, diapers, etc.

OTHER SUPPLIES

Know how to use a compass before you have to. Learn alternate routes through your area. Read an Emergency Information Manual - before you need to use it.

- warm clothes (include hat, gloves, warm sox, and sturdy walking shoes/boots)
- emergency "space bag" & blankets
- poncho or rain gear
- matches, magnesium firestarter, Fire Sticks: to build fire; store in ziplock baggy
- paper & pencil to leave note if abandoning car
- 50' utility cord, tarp
- loud whistle on lanyard (one for ea family member)
- pocket knife (preferably a multi-purpose one like a Swiss army knife or a Leatherman)
- phone numbers of contacts out of the area
- money (bills & coins)
- CELL PHONE CHARGER!!!!!!!!!!!!!!!!!!!!!!**
- (compass, map of area, wool blanket)

optional but recommended:

How To Stay Alive In The Woods by B. Angiers