

Emergency Preparedness Checklist

Hard copies of vital records (banking records, prescription medication/medical records, birth certificates, proof of current residency, mortgage, car loans)

- Water
- Water purification tablets or chlorine bleach (without soap)
- Food cans...manual can opener (*NOTE turn cans over every 3 months) dehydrated & freeze-dried food, beans & rice
- Garbage/trash: Several sturdy plastic cans with tight-fitting lids hold months of garbage.
- Important phone number: out of town contact, doctor hospital etc.
- Fire proof box for documents
- Fire extinguisher (ABC type)
- Flashlights with extra batteries
- Candles &/or oil lamp
- Matches (at least 21g. boxes)
- Cooking source (gas grill, camping stove, etc.)
- Necessities: Toilet paper, large plastic bags (good quality), soap Shampoo, paper towels, paper plates, plastic utensils, etc.
- Heat: Wood burning stove/fireplace
- Medical Needs
- Multi vitamins
- Prescription Drugs (plan for 1-3 months)
- Extra pair of glasses/contacts
- Extra hearing aid and batteries
- Portable radio with extra batteries
- Duck tape
- Pet food, leash
- Heavy shoes, extra clothing
- Blankets or sleeping bags
- Tools: crescent wrench, crow bar, etc.
- Whistle (possibly 1 per person)
- Pens/pencils/sharpener/paper
- Car emergency kit (food, flash light, water, walking shoes, jacket)
- Other means of transportation (bicycle, etc.)
- Cash in small bills
- Batteries (Toilet paper, coffee, tea, sugar, extra food, etc.)

FIRST AID

Make a first-aid kit. The items suggested below should be tailored to meet your individual needs.

- Keep your kit freshly stocked by using it for everyday needs.
- Your supplies will be easy to carry and protected from water if you store them in a small tool or fishing tackle box.

DRUGS

- Hydrogen peroxide to wash and disinfect wounds.
- Antibiotic ointment for dressing wounds.
- Individually wrapped alcohol swabs (available at drug stores)
- Antacids
- Aspirin (to reduce swelling) and non-aspirin tablets.
- Prescriptions from doctor for any long term medications
- (Keep these current.)
- Diarrhea medicine
- Laxatives
- Syrup of Ipecac (to induce vomiting)
- Vitamin supplements
- Eye drops

DRESSINGS

- Band-Aids: Bandages can also be made from clean rags, disposable diapers, and sanitary napkins. Dressings can be held in place by men's ties, plastic bags and nylon stockings.
- Clean sheets torn into strips to use as bandages or slings.
- Ace bandages
- Butterfly bandages
- Rolled gauze – 1 each of 1", 2" and 3" wide
- Cotton-tipped swabs
- Adhesive tape roll – ½" or 1" wide
- Bandage, sterile roll – 2" x 4" wide
- 3 large triangular bandages (36" x 36" x 50")

When buying drug items, check the expiration dates. Buy only fresh supplies for longest shelf life

OTHER SUPPLIES

- Writing materials – pen, pencil and paper
- Scissors
- Tweezers
- Thermometer
- Bar soap
- Tissues
- Skin lotion
- Sunscreen lotion
- Paper cups
- Plastic bags
- Plastic spoons
- Water proof matches
- Safety pins
- Needle and thread
- Sanitary napkins
- Mylar space blankets
- Pocket knife
- Pre-moistened towlettes

LIGHTING

CAUTION: Do not use electrical devices, matches, candles, lamps, or an open flame until you are sure there are no gas leaks!

FLASHLIGHTS Store extra batteries and light bulbs. (Batteries will stay fresh longer if they are stored in the refrigerator.)

LIGHTSTICKS are short-term safety lights. They need no source of ignition and are convenient to store with emergency supplies.

CAMPING LANTERNS provide an excellent source of light. Remember to store extra fuel, matches, wicks and mantles.

COOKING DEVICES

MATCHES: can be stored in a waterproof, airtight tin or moisture-proof container.

CAMP STOVES, BARBECUES and HIBACHIS are useful. Remember to store spare propane or charcoal if you plan on using them.

CAUTION: Never burn charcoal indoors. An inadequately ventilated site will cause carbon monoxide poisoning.

NOTE: Do not use your fireplace for cooking until the chimney has been inspected for cracks and damages. Sparks may escape into your attic through an undetected crack and start a fire.

EMERGENCY INFORMATION

KFWB 98 on AM dial

KNX 1070 on AM dial

CLEAN UP

- Axe
- Shovel
- Broom
- Work gloves for the entire family. They will be invaluable as you begin clean-up activities.

SHELTER

- Water-proof tarp
- Tent
- Sleeping bags
- Blankets
- Newspapers
- PETS
- Pet Food
- Water
- Leashes and carriers
- Eyeglasses
- Sturdy shoes
- Portable camp toilets
- Hygiene supplies

STORAGE SUGGESTIONS

Finding extra space to store your emergency supplies is often a little tricky. However it is important that you locate them with care. They will do you little good if you cannot get to them or they are destroyed or damaged during the disaster.

Perishable supplies will remain stable longer if they are stored in a cool, dark place.

One suggested method of storing emergency supplies is to place them in a large, covered trash container, which can then be stored outside in a cool, sheltered location. Put the contents inside moisture-proof bags before placing them in the can. Tape the lid on.

- Toothpaste and tooth brush
- Bar soap, shampoo, sponge, face cloth
- Liquid cleaner
- 2 gallons liquid bleach
- Blankets and pillows, towels
- change of clothes 2-4 days
- sweaters
- portable stove, cooking pots and pans, utensils, and fuel
- aluminum foil
- Large and small plastic garbage bags
- Newspapers
- Razor blades
- Can opener, scissors
- Books, pencils, paper
- Plastic tarp

Foods:

- Canned meats, tuna, vegetables, fruit, peanut butter
- Warm drinks and juices
- Candy, nuts and raisins, fried beans and rice
- Vitamin pills
- Water -at least one gallon per person, per day - don't forget the pets!)

Storing supplies in different locations will prevent all of them from becoming inaccessible in an emergency.

Suggested locations:

- Behind a drape
- Under a bed or behind a couch
- On a closet floor
- In a trash barrel, topped with a plywood circle, and covered with a floor-length table cloth.
- Up off cement floors in your garage or out buildings.