



Get Prepared



Home Emergency Preparedness

After a major disaster, the usual services we take for granted such as running water, refrigeration, electricity, and telephones, may be unavailable. Experts recommend that you should be prepared to be self-sufficient, sheltering in place, for at least three days. That means being able to cook foods, wash, and do other things for 3 days or longer. Ten days worth of supplies is recommended. Recent disastrous storms on the east coast and the giant earthquake in Japan show that a 30-day supply is not unreasonable.

Once you begin to gather your home disaster / emergency items, they should be stored in an easily accessible, dry, and safe location. One idea is to put the items in a large, watertight container (e.g. a large plastic garbage can with a lid and wheels) that will protect the items and allow you to move them to another location easily if necessary.

Your basic home emergency supplies should include:

Water – one gallon per person per day

Food – at least a 10-day supply of ready to eat or requiring minimal water such as:

- Canned meats (tuna / chicken / spam / beef) and vegetables
- Canned soups & stews
- Dehydrated Meals (provided water is available)
- Packaged products like power bars, granola bars, pop-tarts, etc.
- Canned milk (dry milk is also suggested, provided water is available)
- Hard candies
- Drink mix, instant coffee, tea bags

Manual can opener and other cooking supplies (pan, large spoon, dish soap, etc.)

Portable stove with fuel (cooking outside with such a stove is highly recommended):

- Multi-fuel “Coleman” type 2-burner stove (i.e. white gas & unleaded gas)
- Propane Stove
- Sterno collapsible stove

Disposable plates, utensils and other eating items

Well-equipped First Aid kit with extra supplies such as elastic bandages, gauze

Compresses, etc. and instructions, mosquito repellent

2-week supply of prescriptions and multi-vitamins

Extra sets of prescription glasses & sunglasses

Solar / hand crank / battery – powered AM / FM / Weather radio

Solar powered lights (4) / battery powered LED lantern / Cyalume glow sticks (8)

(emergency candles not recommended but can be used for temporary light

if extreme care is used to locate on / in fireproof locations)

A copy of important documents & phone numbers

Warm clothes, extra boots / shoes, and rain gear for each family member.

Heavy work gloves / safety goggles / dust masks

Disposable / Digital camera

- Matches
- Unscented liquid household bleach and an eyedropper for water purification
- Personal hygiene items including extra toilet paper, feminine supplies, hand sanitizer and antibacterial soap
- Clear plastic sheeting, duct tape and utility knife for covering broken windows
- Tools such as a crowbar, hammer & nails, staple gun, adjustable wrench, fiberglass handled shovel & rake, rope, bungee cords, screw drivers, nails, screws, tree saw, plastic cable ties, stainless steel wire, electrical tape
- Firewood for heat, including kindling
- Blanket or sleeping bag for each person in the family (30 degree rating recommended)
- Zip locking freezer-size bags
- Large heavy duty plastic bags for trash, and a plastic bucket with plastic bags for waste and sanitation (not recommended, but in an emergency, a small amount of waste can be directly buried - not in a container or bag - in a 12" deep hole at least 25 feet from any living or water areas).
- Any special-needs items for babies, children, seniors, or people with disabilities.
- Pet food, water, medications and supplies, including leash and portable carrier
- Deck of cards, paperback books, board games and other personal entertainment items

Optional Items may include:

- Solar battery / cell phone chargers
- Solar stove / oven
- Bicycle with spare tubes and tire repair kit
- Electrical generator with 1 week's fuel and oil
- 100 ft. 12-gauge all-weather extension cord
- Gas powered chain saw with fuel & oil, safety gear, and chain sharpener
- HD plastic sheeting sufficient to cover all windows and roof
- HD stapler and staples or sheetrock nails
- Measuring tape (25')

NOTES:

- Water heaters typically hold up to 40 gallons of water that can be drained and used if necessary. Bathtubs can also be filled and used as extra water resource.
- Water can be treated with 8-16 drops (1/4 teaspoon) of non-scented chlorine bleach to kill bacteria. Let stand for 30 minutes. Double for cloudy water.
- All canned foods should be rotated at their expiration date.
- Never use a BBQ indoors.
- Solar stove / oven plans are available on-line, are easy to create, and cost almost nothing to build. Daytime sun can create temperatures up to 140 deg.
- Non-sparking natural gas shutoff wrenches are recommended
- Generators must be run outdoors, but under a porch or canopy during rain or snow