

## HOUSEHOLD EMERGENCY PREP GUIDE

- ✓ Which person has attended a First Aid/CPR class?
- ✓ Each adult and older child has items under bed (hard hat/helmet, sturdy shoes, leather gloves)
- ✓ One adult has **Family MYN Plan** under the bed
- ✓ FOLLOW the **Plan!**

### Packing

- Zip-Lock Bags  
Keep your items dry and organized
- Strong, Large Container with lid
- Permanent marking pen to date food and water for rotation
- “Go Kit” –prescription medicine, important papers, spare eye glasses, battery-powered radio, small first aid kit  
Needs to be easy to retrieve if/when you need to leave your home and cannot return or extended time

### Food

- (1,000 Cal Per Person, Per-Day for 14 Days)
- Reminder: Remember allergies
- MRE rations  
Long shelf life, no refrigeration
- Dry fruit, nuts, trail mix
- Cook-in-pouch meals  
Requires camp stove, BBQ, extra fuel
- Canned Food  
Heavy and less efficient, but better than nothing
- Hand-operated can opener
- Comfort food- it’s two weeks!
- Mess kits, paper cups, plates, paper towels, and plastic utensils
- Specific food for babies, toddlers, restricted diets

### Water

- (1 Gal Per Person, Per-Day for 14 Days)
- Bagged Water dated, rotate as needed  
Clean and sealed–good for 5+ years
- Water Purification Tablets  
The key to water self-sufficiency
- Water Carrier  
Necessary to store purified water
- Household bleach with NO scent  
Use to purify water
- Water Filtration Bottle  
The most convenient way to be self-sufficient

### Light + Communication

- Hand Crank Flashlight /Radio / Phone Charger
- Solar Panel  
Keeps electronics charged when power is out
- 2 Flashlights + lots of batteries
- Candles -No power, no light
- Glow Sticks -Very helpful for signaling
- Whistle -Call for help/get someone’s attention
- Matches in waterproof container

### First Aid + Hygiene

- Prescription Medication  
Pharmacy won’t be open, so pack enough for each person. Rotate in & out.
- First-Aid Kit  
Big enough to matter
- Pain reliever and laxative
- Contact lens supplies- dated & rotate
- Spare set(s) of eye glasses
- Toothbrush for each person// Toothpaste  
Hygiene is super important after an emergency
- Soap / Wash Cloth
- Large and small towels
- Bucket as portable toilet
- Lots of large black bags for waste
- Shampoo / Conditioner  
After 1st week, you’ll appreciate it
- Feminine Hygiene  
Often overlooked, but very important
- Baby diapers, if needed
- Pocket Tissues / Lots of Toilet Paper
- Waste Bags -Improper waste disposal means disease/infection
- Hand Sanitizer
- Disinfectant wipes

### Pets

- Food
- Extra water for pets
- Dishes for food and water
- Medicine -dated and rotated
- Leash or carrier
- Extra set of ID tags

## **Shelter + Warmth**

- One Poncho per person -Staying dry is fundamental
- Mylar Sleeping Bag / Blanket  
Help retain 90% of body heat, but super light
- Hand / Body Warmers A warm kickstart on cold nights outside
- Set of warm clothes for each person

## **Documents**

- Emergency Contact Form \*\*  
How many numbers do you know by heart?
- Numbers! Numbers! Numbers! \*\*  
Collect numbers for bank accounts, credit cards, insurance policies
- Insurance Records \*\*  
You'll need evidence in the aftermath
- Bank Records \*\*  
If banks aren't accessible, you'll want proof
- Official papers for each person \*\*

\*\* in water-proof bags

## **Tools + Safety**

- N95 Dust Mask  
Earthquakes release asbestos and alkaline dust
- Safety Goggles  
Necessary for safely cleaning up rubble + debris
- Heavy cotton or hemp one-half inch rope  
Build shelters, clotheslines, or securing items
- Swiss Army Knife / Multi-tool  
Be ready for everything and anything
- Utility knife and ax
- Sewing Kit  
Fix torn clothing or stitching a wound
- Leather Palm Gloves  
A must for cleaning up rubble + debris
- Duct tape
- Plastic tape, sheeting

## **Misc**

- Cash -ATMs will not be working  
Cash is king in an emergency. Pack small bills
- Playing Cards, Board Games, Puzzles  
To pass the time and keep the crew happy
- Baby toys; pet toys/leash
- Note Pad / Pencil  
Leave a note or keep track of days

## **High-Value Tools**

- Gas-Shutoff Tool  
Avoid broken gas lines + fire damage
- Pry Bar  
You'll need leverage to move large debris
- Hatchet  
Cut firewood or break through debris
- Fire Flint Starter  
Fire is the base of survival. Matches run out
- Fire Extinguisher  
Fire damage is the most likely danger
- Compact Shovel /Saw  
Super lightweight
- Dry Bag  
Seal up your supplies to keep them dry
- Tarp -Build shelter inside damage home or outside to stay dry and warm

## **First Aid Kit ideas**

Neosporin  
Anti-itch ointment  
Rubber gloves  
Antiseptic wipes  
Q-tips  
Gauze + tape  
3 different sizes Band-aids  
Pepto tablets  
First aid guide

Want to Learn More?

Check Out FEMA's *How to Prepare For an Earthquake*