

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*