



## Family Preparedness

**This list applies to just about everything mother-nature and man can dish out. It's just good common sense.**

Keep a plastic garbage can with a snug fitting lid **OUTSIDE** your home or garage in an easily accessible area. If your house is not structurally sound or actually collapses, any interior supplies will be useless. Keep your supplies in the garbage can. Add containers and cans as needed.

### **\* Important Considerations\***

**Extreme temperatures can destroy, compromise, or cause contamination of items in the emergency kit.** During the months with high desert heat and winds...move this or any other emergency containers indoors.

**Never store water or emergency items near water heater, washer/dryer, chemicals or cleaning products.** Plastic deteriorates in sunlight, when exposed to extremely temperatures or harsh/toxic chemicals.

**If any family member has allergies or might have suffered previously from an allergic reaction – include a product such as an Epi-Pen.**

Don't feel pressure to rush out and purchase all of these items.

- Take some time.
- Buy on sale and to the limit.
- Use what is available at home right now and replace later with more appropriate, higher quality or greater quantities of items later.

### **The List**

1. Keep instructions on paper regarding how to turn off your electricity, gas, and water (in a panic, you may not remember and or other family members may be home alone). Keep the phone numbers of all utilities on the same sheet, just in case cell service survives. Know where your shut-off valves are and how to turn them off. Keep a wrench of the proper size to shut utilities off. Keep all these items, including the wrench, together in a large zip lock bag in your can.
2. Ready to eat food for as many people as needed.
3. Non-electric can opener.
4. Knife.
5. Plastic silverware, paper plates.
6. Toilet paper.

7. Bleach to sterilize water or other items. *Instructions for water sterilization with bleach: 3-4 drops per quart. Let sit for half an hour.*
8. One gallon of water per person per day. This allows for drinking and washing.
9. At least one change of clothes per person, including closed toed comfortable shoes and an old coat.
10. Toothbrush, toothpaste, bar of soap, comb, sunscreen.
11. Flashlight, including extra batteries in plastic.
12. Matches (never light a fire unless you are sure no gas leaks have occurred).
13. Prescription medicines.
14. Copies of vital medical records including vision, dental, eye, etc.
15. Put your medical history on a on a flash drive. (There are computer programs that you can purchase that you can download onto a flash drive or keep your own records of what medications you take and how much, what surgeries you've had, what you're allergic to, etc.) Put the flash drive in a plastic zip lock bag.
16. Copies of your written prescriptions in a zip lock bag.
17. A list of phone numbers of family and/or friends.
18. Copies of your driver's license and Social Security card in a plastic zip lock bag.
19. Money in a plastic bag. At least \$20 in small bills.
20. A battery-powered or crank radio.
21. Sleeping bags or blankets, pillows, a tent if you have one.
22. Hammer, screwdriver.
23. First aid kit – bandages, antiseptics, scissors, tape, aspirin, a first aid book.
24. Baby wipes.
25. Pots, pans.
26. A propane stove and propane or have a BBQ grill and supplies nearby if you'd like cooked food.
27. A pencil and paper (so if you are leaving the area, you can leave a note on your home to tell others who come to search for you that you're okay and where you're going).
28. A map of the area that includes the location of shelters.
29. An extra key to your home and car.
30. Garbage bags and ties.
31. Pictures of your kids, pets, family members so if someone is missing, you can give authorities a photo. Fingerprints of your children if you have them.
32. If you're sexually active, keep a box of condoms in your can as well. Keep track of what the use-by date is on those condoms and replace as necessary. You may not have access to either your birth control pills or a pharmacy in an emergency.
33. A deck of cards or games.
34. Seeds for food items in case you are in a locale, or have to move to a locale, where you can plant and grow your own food.
35. Rain poncho.
36. Rope or twine.
37. Heavy work gloves.

**Remember your pets:**

1. Keep a kennel outside with your emergency can. They may be terrified and erratic and need to be confined for their own safety.
2. Keep a gallon of water per pet and a plastic bag of dry food.
3. Make sure your pets wear break-away collars with your name and address on it and/or microchip them.
4. Medication your pets may need.
5. Copies of important vet records.
6. Keep a list of shelters or animal clinics or local hotels that will allow pets

**If you are interested in continuing education courses on emergency preparedness, please visit our website, [www.snahec.org](http://www.snahec.org), for more information.**