

PREP STEP INVENTORY®

This list is meant to help you assess your current level of readiness, identify specific items to purchase, and track progress made towards your preparedness goal. This is a consolidated list highlighting items necessary in each category. On the checklist below, required items are marked with **Have:** **Need:** and include space for the quantity. The items not required in that category are marked by **N/A**.

There is always room for personal preference and the voice of the Lord to alter our suggestions. Remember, the Grab and Go Bag can supplement both the home and car kit.

| ITEM | HOME | GRAB AND GO BAG | CAR |
|--|---|--|--|
| Certain items need to be packed per person in each category below. Do the math. Have enough for everyone in your family. | These items need to be assembled together in your home and designated for preparedness purposes. Make sure everyone knows where they are located. | The Grab and Go Bag can supplement both the Home Emergency Supplies and the Car Kit. We encourage you to prepare the bag, and then use where needed. | Car Kit can be supplemented with Grab & Go Bag, but in the event you only have what's in car, make sure items in car are sufficient. |
| WATER | 2 gallons/person/day | As much as you can carry easily | Several gallons |
| Filtration/purification | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| FOOD | | | |
| 2,000-3,000 Calories/day | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Can opener | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | <input type="radio"/> Have: <input type="radio"/> N/A |
| Eating utensils | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> N/A |
| Hand sanitizer | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| ENERGY | | | |
| Flashlights/headlamp | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Batteries | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Candles | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Matches/lighter | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Solar lamp/flashlight | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | <input type="radio"/> Have: <input type="radio"/> Need: |
| Glow Sticks | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Firewood | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| Solar/battery fans | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| Cooking stove | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| Generator | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| Fire extinguisher | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | <input type="radio"/> Have: <input type="radio"/> Need: |
| MEDICAL | | | |
| Family first aid kit | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Training: First aid CPR | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| COMMUNICATION | | | |
| Hand crank emergency radio | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Emergency contact information | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Solar charger | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| Phone/charger | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | <input type="radio"/> Have: <input type="radio"/> Need: |
| FAMILY PLANS AND DOCUMENTS | | | |
| Maps/Evacuation Plans | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Copies of all documents | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |

continued on reverse...

| ITEM | HOME | GRAB AND GO BAG | CAR |
|------------------------------|---|---|---|
| TOOLS/SUPPLIES | | | |
| Wrench | <input type="radio"/> Have: <input type="radio"/> Need: | Multi Tool | Small Tool Kit |
| Pliers | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| Socket set | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| Black garbage bags | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Duct tape | <input type="radio"/> Have: <input type="radio"/> Need: | small roll | <input type="radio"/> Have: <input type="radio"/> Need: |
| Basic hand tools | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| Crow bar | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| Sturdy tow rope | N/A | N/A | <input type="radio"/> Have: <input type="radio"/> Need: |
| Jumper cables | N/A | N/A | <input type="radio"/> Have: <input type="radio"/> Need: |
| Flat tire inflation canister | N/A | N/A | <input type="radio"/> Have: <input type="radio"/> Need: |
| GPS | N/A | N/A | <input type="radio"/> Have: <input type="radio"/> Need: |
| Spare tire, jack, wrench | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Shovel/camping shovel | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Hammer | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| Small box of nails | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| 100 ft medium strength rope | N/A | N/A | <input type="radio"/> Have: <input type="radio"/> Need: |
| Tarp | N/A | N/A | <input type="radio"/> Have: <input type="radio"/> Need: |
| Dome tent | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Compass | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Notebook and pencil | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Sewing Kit | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Roadside flares | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | yes |
| Whistle | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Extra set of keys | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Cash | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Ziplocs - large and small | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| 50 ft Nylon Rope | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Shleter-in-place supplies | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |
| PERSONAL | | | |
| Set of clothes | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Poncho/umbrella | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Sturdy shoes | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Blankets | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Gloves | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Stocking hat | N/A | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| SPECIFIC NEEDS | | | |
| Feminine hygiene | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: |
| Medication | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Toilet paper | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Soap, toothpaste, toothbrush | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| CHILDREN | | | |
| Entertainment/activities | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Diapers/formula | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| Medicine | <input type="radio"/> Have: <input type="radio"/> Need: | <input type="radio"/> Have: <input type="radio"/> Need: | N/A |
| PETS | | | |
| Cage to transport | <input type="radio"/> Have: <input type="radio"/> Need: | N/A | N/A |

PERSONAL AWARENESS QUIZ: EMOTIONAL AND SPIRITUAL CARE IN CRISIS

Self-Care Questions – Give prayerful consideration

We must be able to care for ourselves during crisis. If we cannot care for ourselves, our ability to care for others will be short-lived. Take this time to get to know yourself, your body, your emotional responses, and how you maintain your heart before the Lord and others. These questions deal with your personal responses and readiness for situations that could arise in the context of disaster. Read over these questions this week and in the future. *Answer the ones that you can and pray and ask others about the ones you don't know the answers to.* Many times others see things in us that we don't see in ourselves. Again, there is no end to the value of doing this as a team. Knowing yourself, how you respond, and what you need is very important as you work together with others.

I. In Advance of Crisis/Disaster – Become Aware of Me

- What are my early warning signs of excessive stress? (anxiety, can't sleep, lose temper, overindulge, can't hear God, etc.)
- How do I handle stress, both positively and negatively? (pray, worship, read the Bible, do deep breathing, exercise, eat ice cream, watch TV, ignore the signs, yell at my friends, eat chocolate!) *Communicate with your team/family how they can help you in this situation.*
- What am I doing for self-care now – daily? Weekly?
- What improvements do I need to make to my self-care plan? Who can I be accountable to as I implement these changes?
- Have I realized how important it is in crisis to be physically fit, not only for my safety and comfort, but to better help others? Am I fit?
- Am I spiritually ready? *Some ways to become more ready are: scripture memory, solid knowledge of the goodness and faithfulness of God, eyes fixed on Jesus no matter the cost, and a strong prayer life.*
- What do I need in my "comfort kit?" (scriptures, pictures of family, favorite poem, music, favorite shirt, snack, etc.)

Take time to reflect and write your responses to some of the questions above.

II. Physical/Practical

- Am I ready to deal with the additional labor and time that is necessary when the power is out and modern conveniences are not available to me?
- How can I prepare myself and my family for the living conditions in a disaster scenario? How many people do we plan to house with us and what will that be like for me and my family?
- How much alone time do I need; how will I get it?
- Is my body fit enough to evacuate by foot if necessary, carrying my pack and addressing needs of children and family?
- How do I respond to limited choices for food, schedule, sleep, recreation?
- How will I stay physically and mentally healthy? Do I need exercise, deep breathing, or naps? How am I with setting boundaries?
- What are my indicators that I am stressed/need help? *Be sure to share these indicators with others so that they can help you take care of you.*

Take time to reflect and write your responses to some of the questions above.

III. Emotional

- A. Every crisis situation will be different and I have no way of knowing what may happen. How well do I handle the unknown? How do I need to prepare in advance to deal with the devastation me and my family may encounter?
- B. Besides the physical devastation of the landscape, there may be enormous emotional and spiritual devastation – people who are in shock, angry, confused, belligerent, hopeless, or in need of medical or psychological care. How will I handle that? How do I care for them well? How do I deal with my own secondary trauma?
- C. Am I ready to deal with my own “stuff” (weakness, brokenness) as it comes up during crisis? What strategies will I use to calm myself/rest/connect with God? How do I care for me- emotionally?
- D. Have I dealt with my own inner healing issues from the past? Anything that has not been dealt with will get triggered in the rigors of extended crisis. Have I acknowledged areas of loss in my life and grieved well? Have I forgiven past injustices so I’m free of unforgiveness and bitterness? Am I grounded in the love of God and feel the Father’s love for me? Do I draw strength from His delight over me? Do I really believe He is good?

Take time to reflect and write your responses to some of the questions above.

IV. Spiritual

- A. Ultimately, it’s all about people encountering God. Am I ready to give an answer to the hope that is within me, share my faith, and lead people in prayer for salvation? Can I do basic discipleship with someone?
- B. How comfortable am I praying for people?
- C. Am I ready to deal with the issue of God’s discipline and mercy? Where am I in the process of wrestling with these issues in my own heart? Is my heart settled on the goodness, kindness, and faithfulness of God even in the midst of disaster?
- D. How will I answer the question, “How can a good God let this happen?”
- E. Do I realize that in the context of crisis, I may have the opportunity to minister the love and gospel of Jesus to each person I meet? What will I say?

Take time to reflect and write your responses to some of the questions above.



Family Emergency Plan

Prepare. Plan. Stay Informed.



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: _____

Phone: _____

Email: _____

Neighborhood Meeting Place: _____

Phone: _____

Out-of-Neighborhood Meeting Place: _____

Phone: _____

Out-of-Town Meeting Place: _____

Phone: _____

Fill out the following information for each family member and keep it up to date.

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One

Address: _____

Phone: _____

Evacuation Location: _____

School Location One

Address: _____

Phone: _____

Evacuation Location: _____

Work Location Two

Address: _____

Phone: _____

Evacuation Location: _____

School Location Two

Address: _____

Phone: _____

Evacuation Location: _____

Work Location Three

Address: _____

Phone: _____

Evacuation Location: _____

School Location Three

Address: _____

Phone: _____

Evacuation Location: _____

Other place you frequent

Address: _____

Phone: _____

Evacuation Location: _____

Other place you frequent

Address: _____

Phone: _____

Evacuation Location: _____

| Important Information | Name | Telephone Number | Policy Number |
|---------------------------------|------|------------------|---------------|
| Doctor(s): | | | |
| Other: | | | |
| Pharmacist: | | | |
| Medical Insurance: | | | |
| Homeowners/Rental Insurance: | | | |
| Veterinarian/Kennel (for pets): | | | |

ADULT CARD

Family Emergency Plan



Name: _____ DOB: _____
 Address 1: _____ State: _____ Zip: _____
 Address 2: _____ State: _____ Zip: _____
 Home Phone: _____ E-mail: _____
 Cell Phone: _____ Other E-mail: _____

Special Needs, Medical Conditions, Allergies, Important Information:

Ready ✓

< FOLD HERE >

Family Emergency Plan



Name: _____ DOB: _____
 Address 1: _____ State: _____ Zip: _____
 Address 2: _____ State: _____ Zip: _____
 Home Phone: _____ E-mail: _____
 Cell Phone: _____ Other E-mail: _____

Special Needs, Medical Conditions, Allergies, Important Information:

Ready ✓

Business Name: _____ **Work**
 Address: _____ State: _____ Zip: _____
 Office Phone: _____
 Point of Contact or Special Instructions: _____

Work Emergency Plan:

Business Name: _____ **Work**
 Address: _____ State: _____ Zip: _____
 Office Phone: _____
 Point of Contact or Special Instructions: _____

Work Emergency Plan:

< FOLD HERE >

Name: _____ DOB: _____ Sex: _____ **Children**
 Identifying Characteristics: _____
 School/Daycare: _____ Address: _____
 School Phone: _____ Cell Phone: _____
 Name: _____ DOB: _____ Sex: _____
 Identifying Characteristics: _____
 School/Daycare: _____ Address: _____
 School Phone: _____ Cell Phone: _____
 Name: _____ DOB: _____ Sex: _____
 Identifying Characteristics: _____
 School/Daycare: _____ Address: _____
 School Phone: _____ Cell Phone: _____

Name: _____ DOB: _____ Sex: _____ **Children**
 Identifying Characteristics: _____
 School/Daycare: _____ Address: _____
 School Phone: _____ Cell Phone: _____
 Name: _____ DOB: _____ Sex: _____
 Identifying Characteristics: _____
 School/Daycare: _____ Address: _____
 School Phone: _____ Cell Phone: _____
 Name: _____ DOB: _____ Sex: _____
 Identifying Characteristics: _____
 School/Daycare: _____ Address: _____
 School Phone: _____ Cell Phone: _____

< FOLD HERE >

Name: _____ **Neighborhood Emergency Meeting Place**
 Address: _____ State: _____ Zip: _____ Phone: _____
 Point of Contact or Special Instructions: _____

Name: _____ **Out of Neighborhood Emergency Meeting Place**
 Address: _____ State: _____ Zip: _____ Phone: _____
 Point of Contact or Special Instructions: _____

Name: _____ **Out of Town Emergency Meeting Place**
 Address: _____ State: _____ Zip: _____ Phone: _____
 Point of Contact or Special Instructions: _____

Name: _____ **Neighborhood Emergency Meeting Place**
 Address: _____ State: _____ Zip: _____ Phone: _____
 Point of Contact or Special Instructions: _____

Name: _____ **Out of Neighborhood Emergency Meeting Place**
 Address: _____ State: _____ Zip: _____ Phone: _____
 Point of Contact or Special Instructions: _____

Name: _____ **Out of Town Emergency Meeting Place**
 Address: _____ State: _____ Zip: _____ Phone: _____
 Point of Contact or Special Instructions: _____

< FOLD HERE >

Important Numbers or Information
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Type: _____ Age: _____ **Pets**
 Name: _____ Type: _____ Age: _____
 Veterinarian Phone: _____

DIAL 911 FOR EMERGENCIES

Important Numbers or Information
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Type: _____ Age: _____ **Pets**
 Name: _____ Type: _____ Age: _____
 Veterinarian Phone: _____

DIAL 911 FOR EMERGENCIES

HOME EMERGENCY SUPPLIES

Below are the recommended items for a basic home emergency kit. Remember to plan water and food for each member of your family (including pets and others who you know will arrive in times of crisis). Most items you will have in your home already. Place these supplies in the designated preparedness area of your home. Start with the essentials and build from there.

WATER

Minimum three days supply of water per person

- 1 gallon per day for drinking
- 1 gallon per day for sanitation
- Water purification tablets
- Water filter

FOOD

Minimum three days supply of food per person (2,000-3,000 calories per day)

- Non-perishable food that requires no heating (Freeze-dried, canned, air tight packaging)
- Items like chili, soup, peanut butter, dried fruit
- Can opener
- Eating utensils

ENERGY

- Flashlights/headlamp
- Extra batteries
- Candles, 100 hour candles
- Matches (waterproof) and lighters
- Solar-powered lights
- In Winter: Plan heat source – firewood, tools to manage fire
- In Summer: Battery-powered fans if no generator or solar power
- Gas grill and extra propane bottles for cooking
- Generator (if you choose)
- Fire extinguisher – Remeber to keep close and ready

MEDICAL

- High-quality first aid kit suitable for your family's needs and size
- Take first aid and CPR training

COMMUNICATION

- Hand crank or battery-powered weather or emergency radio
- Emergency contact information
- Phone, chargers, extra batteries, solar charger

TOOLS

- Wrench
- Pliers
- Socket set
- Black garbage bags
- Duct tape
- Basic hand tools
- Crow bar
- Shovel
- Hammer
- Scissors
- Plastic sheeting

SPECIFIC NEEDS/PERSONAL HYGIENE

- Feminine hygiene products
- Toilet paper, paper towels, soap, towels, etc.
- Toothbrush, toothpaste
- Hand sanitizer
- Medications

PERSONAL

- Set of clothes
- Umbrella/poncho
- Blankets

CHILDREN

- Entertainment items: activities, coloring books, games
- Diapers
- Formula
- Medicine

PETS

- Cage for transport
- Food
- Water
- Medication and special needs

My Additional Items



Car Emergency Supplies

These items could be very helpful if kept in the car that you would likely use in an evacuation but also could be useful in day to day road side emergencies. When coupled with your complete GRAB and GO bags you should find yourself adequately prepared to survive in your car should you become stranded or evacuating.

Water (Several gallons)

High energy power/food bars

Small tool kit

Jumper Cables

Flat tire inflation Canister (non-explosive)

Spare tire and jack

First aid supplies

Flash light and batteries

Non batteried flash light (solar)

Road side Flares

Maps/ GPS

Blankets

Umbrellas

First Aid kit

Sturdy Tow Rope

Gloves

Duct tape

Large plastic sheeting

Heavy duty garbage bag

Grab and Go Kit

If your emergency plan is to evacuate your home, you'll need a survival kit with essential gear and supplies to last at least 3 days (72 hours). The only thing you absolutely need in this emergency kit is drinking water since you can go without food for 3 days. But, the idea is to remain safe, healthy, and functioning for these three days, not just alive.

Spend some time putting together a 72 hour kit that is fairly easy to move and full of essentials to help your family survive. You can purchase a pre-made, convenient kit from dozens of different companies or use the list below to make one custom-fit for your family's needs.

Store your kit in a convenient place. Train all family members that it is only for emergencies and discuss with older children what it contains.

Put all kit items in airtight plastic bags. Replace water, batteries, food, medicine every six months - medicine sooner if necessary. Christmas and 4th of July are easy to remember dates. Also update outgrown clothes and other item needs at these times.

Items with a **PP** mean "Per Person"

- 1 large plastic tub with tight lid - store everything in it except water and blankets.
- 1 list of contents
- about 12 ZipLoc bags, 1 gallon size to hold items
- 1 blanket or sleeping bag PP - takes up a lot of space. Keep stored by emergency kit.
- **Water** - 2 gallons PP - 8lbs/gallon will make this the heaviest part of your kit. Consider keeping the water out of the kit and sitting right by it.
- **Food** - 4000 calories PP - food bars or other high-energy, ready-to-eat items. See emergency food supply for suggestions.
- **First Aid Kit** - have a family first aid kit sitting on your 72 hour emergency kit as well as a vehicle kit in each car and a personal kit in each family member's backpack or purse.
- **Tools**
 - 1 Plastic bowl, spoon, cup PP
 - 1 LED headlamp flashlight with extra batteries
 - 1 battery operated radio - receive emergency info
 - 1 multi-function camping knife
 - 1 small ABC fire extinguisher
 - 1 dome tent - backpacking tent sized for family
 - 1 each crescent wrench, hatchet, hammer, phillips and flat screwdrivers, pliers
 - 1 fold-up camping shovel
 - 1 Compass
 - 1 Local map and state map
 - 2 roadside signal flares
 - 1 notebook and pencil
 - 1 sewing kit, needles and thread
 - 1 medicine dropper
 - 1 whistle
 - 1 set of extra car and house keys
- **Supplies**
 - \$100 cash
 - 1 roll duct tape
- 1 roll plastic sheeting
- 1 box waterproof matches
- 1 roll aluminum foil
- 4 ZipLoc bags, 1 gallon size PP
- 2 large garbage bags PP
- 4 disposable hand warmers PP
- 2 candles
- 2 snap light sticks
- 1 small box of nails
- 50 feet nylon rope
- **Sanitation**
 - 1/2 roll toilet paper PP
 - 4 alcohol towelettes PP
 - 1 small bottle liquid soap
 - Feminine supplies as needed
 - 1 toothbrush PP
 - 1 small bottle Purel hand sanitizer
 - 1 small bottle unscented chlorine bleach
- **Clothing**
 - 1 clothing change PP
 - 1 pair sturdy shoes PP
 - 1 emergency rain poncho PP
 - 1 hat and gloves PP
- **Specific Needs**
 - Infant Supplies - formula, bottles, powdered milk, baby food, diapers, ...
 - Elderly - medications, denture needs, hearing aid batteries, eye glasses, ...
 - Medical - insulin, prescriptions, supplies for contacts
- **Documents** - originals/copies in waterproof container
 - Wills, passports, social security cards, insurance policies, property deeds, contracts, stocks, immunization records, bank account numbers, credit card numbers, birth-marriage-death certificates, important phone numbers, inventory of household items

THREE WEEKS TO THREE MONTHS SUPPLIES

Car-Individual Backpacks Kept in Cars:

- Water bottles filled
- 1 crank flashlight
- Headlamp
- 4 flares
- 4 energy bars
- Small first aid kit
- Emergency reflective blanket or lightweight wool blanket
- Poncho
- Waterproof matches and butane lighter
- Multipurpose knife
- Fleece, hat, gloves
- Hand warmers
- Extra pair of tennis shoes that fits the driver
- Toilet paper
- Cash in \$20s and small bills
- Reflectors
- Whistle
- Battery-powered radio
- Emergency light sticks
- Personal medication
- Personal sanitary supplies
- Wipes
- Warm socks
- Water purification tablets or water purifier.
i.e. Katadyn camping water filters

Car-Carry in the Car:

- Gas with extra gas can
- Fix-a-Flat
- Tow rope
- Jumper cables
- Ice scraper
- Basic tools
- Shovel
- Extra fan belt, radiator hoses, fuses
- Cans of oil

Emergency Outdoor Shelter in Winter:

- Large tent with repair kit
- 25' x 60' plastic sheeting
- 10' x 12' plastic waterproof tarp
- 150' cording or rope
- Hammer
- Pocket knife
- Duct tape

Family Grab and Go Bin:

Note: Do everything you can to stay. Only leave if your life depends on it, you're being evacuated, or if you know you're going to a place that is out of the danger area i.e. relative or friend's house. It's MUCH MORE DANGEROUS out on the road with hundreds of others who don't have resources. Try to go in a caravan with others.

- Water: one gallon of water per person per day for drinking and sanitation
- Water purifier. Camping type single bottle Sawyer or Katadyn brand with extra filters. They start at \$50 but you can put water in them from the most polluted river and drink right away.
- Food: 3-5 day supply per person of non-perishable ready to eat food.
- Hand crank radio and a NOAA Weather Radio with tone alert and extra batteries
- Crank flashlights (no batteries needed)
- Flashlights and extra batteries
- Whistle to signal for help or fog horn
- Dust mask, to help filter contaminated air
- Plastic sheeting/tarps
- Duct tape to shelter-in-place
- Moist wipes
- Garbage bags and plastic ties for sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Maps
- Cell phone with charger
- Extra prescription medications (as much as you can get ahead of time)
- Prescription glasses (extra pair)
- Infant formula
- Diapers
- Pet food and extra water for your pet
- Important family documents in a waterproof, fireproof portable safe
 - Copies of insurance policies
 - Credit card numbers and phone numbers
 - List of relative's numbers
 - Birth certificates
 - Passports
 - Bank account records
 - Cash
 - Cash and change



- 1 Sleeping bag or bedding for each person
- Extra pillows and blankets for other refugees
- Bleach: Plain chlorine bleach, medicine dropper. When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or to treat water by using eight drops of regular household liquid bleach per gallon of water. Do not use scented, colorsafe, or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits: pots, pans, etc.
- Toiletry kit: Bug spray, toothpaste, toothbrushes, deodorant, sunscreen
- Paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children
- First aid kit: Supplement a typical kit with:
 - First aid book
 - Essential personal medications
 - Ibuprofen, aspirin, acetaminophen
 - Band aids
 - Bandages. Think small and large wounds
 - Triple antibiotic ointment
 - Scissors
 - All purpose cold medicine
 - Tweezers
 - Cotton balls
 - Swabs
 - Thermometer
 - Sanitary napkins
 - Small & large splints
 - Safety pins
 - Needle and thread
 - Pocket knife
 - Flashlight w/ batteries
 - Lightweight blanket
 - Antibiotics, if you can get extra
 - Prescription medications, get extra
 - Potassium Iodide (in the event of radiation)
- Good shoes: Shoes that you can walk in for miles and miles. Work boots or hiking boots are best over tennis shoes. Invest now in a few good pair of shoes for the family.
- Good socks: CoolMax for summer and SmartWool for winter
- Extra clothing: layers are best
- Rain ponchos, one per person
- Hand warmers
- Pet crates
- Pet food
- Pet food dishes

Home Emergency Supplies:

Water:

- 5 gallon water jugs, cleaned and filled. Clean 1 time/year
- Bleach: Regular household chlorine bleach.
 - Note: Do not use scented, colorsafe, or bleaches with added cleaners.
- Medicine dropper
- Disinfectant to clean surfaces: When diluted nine parts water to one part bleach
- Drinking water: Mix drops of bleach in water, depending on how cloudy the water is. If water is cloudy, add up to double the amount of bleach. Stir or shake and let sit for 30 minutes.
 - 2 drops per quart
 - 8 drops of regular household liquid bleach per gallon of water
 - ½ teaspoon per 5 gallons

Note: Date your bleach bottles. They lose their effectiveness after one year.

- Rain barrels

Tools/Supplies:

- Duct tape
- Twine
- Tools to chop wood: ax, shovel, hoe, etc.
- Hand tools
- Manual can opener
- Extra sleeping bags for extra people
- Extra pillows, sheets, blankets, towels

Transportation:

- Bicycles
- Lock for each bike
- Moped
- Old cars (pre 1972) in event of an electromagnetic pulse

Cooking Alternatives:

A way to cook and heat water if electric goes out

- Grill
- Fire pit
- Wood stove
- Dutch oven
- Camp stoves
- Solar ovens (purchased from food storage companies)
- Volcano Collapsible Propane Grill (ZebGear.com)

Fuel:

- Wood: chopped, dried, ready for winter
- Extra tanks of propane, always filled or keep home tank filled
- Lots of charcoal briquettes (easier to store than wood)

- Kerosene
- Butane
- Newspaper logs: Roll newspapers from one corner to the other, tucking in the ends and secure the bundle with wire. Soak in water, so it shrinks up. Then, dry it out. Compact to stack easily and burns cleanly.
- Generator, if possible, only a good solution for short term outages
- XL extension cords to reach generator. Surge strips.
- Extra gasoline (rotate every 3-6 months)
- Cast iron pots
- Frying pans, dutch oven, etc.
- Heavy duty aluminum foil
- Cooking utensils
- Hot pads

Equipment for Cutting Wood:

- Chain saw
- Extra spark plugs, and spare chains
- Engine starting fluid
- Gasoline (8-10 gallons)
- 2 cycle oil (4 quarts)
- Oil and fuel mixing can
- Measuring cup
- Bar chain oil (2 quarts)
- Axes
- Bow saw
- Heavy leather gloves
- Safety goggles

Heat Source for House in Winter:

Check source of heat for winter now

- Does your fireplace heat the room?
- Do you need to prepare it to do so?
- Wood stove
- Generators usually can help you heat your house

Cooling in Summer:

- House fans in case air conditioning goes out

Communication:

Family Emergency Plan Items:

- Have a family meeting
- Plan as if you can't use cell phones, computers, GPS
- Print everyone's phone numbers and put in cars, wallets
- Print evacuation routes and store maps in cars, etc.
- Cell phones
- Cell chargers
- Walkie Talkies with lots of batteries
- Solar powered battery charger and rechargeable batteries
- Ham radios
- Crank (non battery) weather & emergency radio

Light Sources:

- Battery-powered spotlight
- Lanterns for main rooms. Extra wicks. Buy lots of oil now. (You can only find large jugs of oil at the hardware store but NOT Lowes, Home Depot, or Walmart unless it's in season).
- Several large boxes of matches. (Get at hardware store)
- Lighters
- Crank flashlights (Non-battery from Target/Walmart)
- Headlamps (camping)
- Solar-powered outdoor lights for paths. (Bring inside at night)
- Extra flashlight bulbs
- Liquid paraffin or liquid candles last up to 100 hours

Clothing:

- Good shoes for walking. Good hiking or work boots.
- Extra tennis/running shoes: winter boots if needed
- Socks: CoolMax in summer/SmartWool in winter
- Layers
- Fleece and wool
- Extra hats, gloves, scarves
- Lightweight summer clothing
- Work pants with pockets
- Work gloves, extra pairs for workers cutting wood, etc.

Personal Items:

- Brush, comb
- Deodorant
- Lotion
- Sunglasses
- Prescription glasses (extra pair)
- Contact lenses (extras)
- Underwear
- Bras

Toiletries:

- Feminine products
- Shampoo, conditioner
- Shaving cream
- Razors
- Toothpaste, toothbrushes
- Towels
- Washcloths
- Sunblock: get highest protection/waterproof
- Baby food
- Baby supplies

Sanitation:

- Toilet paper (use phone books if you run out)
- Bleach
- Hot water source to wash dishes and sponge bath
- Hand sanitizer
- Hand soap
- Dish soap
- Laundry soap
- Disinfectants
- Rags
- Towels
- Clothesline or rack
- Clothespins
- Washboard
- Tub

Sample Emergency Sanitation Kit:

- 5 gallon bucket: You can get free buckets at Sam's Club Bakery.
- Plastic 5 gallon trash bags that fit in bucket
- Toilet seat lid (screw on type)
- Lime or sawdust for the smell
- If you can still use toilets but are limited on water, use gray water that you captured outside to flush. Put the 5 gallon buckets with lids in each bathroom. Flush only brown. Put all paper in buckets inside smaller grocery sized bags.

Food:

- Basic baking: fats, sugar, spices
- Large bag of salt (Salt is an essential to preserve meat if freezer goes out).
- Grains: Large bags of dried beans, rice, cereals, pasta, oatmeal, instant noodles. (Use and rotate this food every six months. Store in dry cool place).
- Protein: Commercial and home canned meats, textured vegetable protein, peanut butter, dehydrated eggs, dried dairy
- Fruits and vegetables: Canned or dehydrated fruits and vegetables. Check out local Amish and Mormon stores.
- Canned soups, dehydrated soups
- Sauces
- Fun foods: Dry drink mixes, canned drinks, desserts, boxed mixes, condiments, additional spices
- Instant coffee or French press
- Vitamins
- Extra medications

Non-Food Items for Kitchen:

- Aluminum foil: Regular and heavy duty
- Waterproof matches
- Napkins
- Paper cups
- Paper plates
- Paper towels
- Plastic utensils
- Re-sealable plastic bags
- Trash bags
- Cleaners
- Bleach
- Clothesline and clothespins
- Dish soap
- Laundry soap
- Vinegar
- Large baking soda
- Anti-bacterial soap

Water Purification:

Pure clean water may become the #1 commodity

- Get some sort of family-sized water purifier with extra filters. Think about helping the neighbors who don't have good drinking water. www.Sawyer.com
- Rain barrels to capture rain water
- 5 Gallon Water bottles filled and stored in cool dry place
- Carry with you Katadyn water purification tablets

Note: PRACTICE using all your equipment before emergencies. Make it fun for the family when there's no stress.

My Additional Items: _____

