

Easy and Manageable A 24-Week Disaster Preparedness Program

FIRST:

Decide on containers for the an at-home kit. Can be a new plastic garbage can with locking covers on wheels or plastic locking bins.

* Denotes per person

WEEK 1:

- 1 gallon of water* (* is per person; recommendations are for one gallon per person per day for a minimum of three days, but most officials suggest for up to two weeks minimum)
- 1 jar of peanut butter
- 1 large can of juice*
- 1 can of meat or protein such as Spam or Underwood Chicken spread
- 1 hand-operated can opener
- 1 permanent marking pen such as a Sharpie
- Pet food, diapers, baby food or any other specific household need

WEEK 2:

- 1 two-to-four person disaster kit from the American Red Cross, or one coil of heavy cotton or hemp rope. Do not use nylon or plastic as it can burn.
- 1 role minimum of Duct tape
- Heavy cotton or hemp rope
- 2 heavy-duty or LED bright flashlights.
- 1 package of stick matches in a waterproof container (available at stores such as Salem Summit, REI or Target in camping departments). These are for outside use only, with a camp stove or barbecue.
- An extra leash or pet carrier for pets along with a duplicate set of their ID and license tags

WEEK 3:

- 1 gallon of water* or 5-year water pouches available from the American Red Cross
- 1 can of meat or protein such as Spam or Underwood Chicken spread
- 1 large can of fruit*
- Feminine hygiene, adult incontinence supplies; for at least one week or more
- Paper and pen
- A local map – hard copy. Remember smartphone service may be disrupted and Google mapping unavailable
- A supply of over-the-counter (OTC) pain relievers such as acetaminophen (Tylenol, Anacin) or ibuprofen (Advil or Motrin) or naproxen (Aleve). Be certain to check for interactions with prescriptions drugs first and load the one that works best for you and your family.
- A laxative. Even if you're not prone to constipation, a lack of fresh fruit and vegetables during a disaster could wreak havoc on some systems; better to be prepared.
- 1 gallon of water* per human, and 1 gallon of water per pet along with pet food

WEEK 4:

- A 6-way flashing safety light (available from the American Red Cross) or light sticks, available from the Red Cross or glow sticks available at Target or Toys R Us, online or in stores
- Compass
- Prescription medications. There has been talk that a legislative fix will probably be necessary to allow doctors to write prescriptions for an “emergency 30-day supply of maintenance drugs” as dispensed by mail order for employees whose insurance requires them to use mail order pharmacies because it is next to impossible to order any extra since mail-order firms will only dispense a new supply a few days before one Rx runs out. There are also supply issues with insulin, which needs to be refrigerated. These prescription-drug concerns are part of the preparedness conversation, but in the meantime, try to add a minimum of a 2-week supply of prescription drugs to earthquake-preparedness kits when possible.
- Contact lens solutions and an extra set of contacts
- Durable medical goods supplies such as colostomy bags or diabetic test strips and meter

WEEK 5:

- 1 gallon of water* or 5-year pouches from the American Red Cross
- 1 large can of fruit, 1 large can of beans
- 1 large can of vegetables*
- 1 can of meat or protein such as Spam or Underwood Chicken spread
- 1 package or at least two rolls, preferably biodegradable) toilet paper
- 1 toothbrush per family member and one extra brush
- Toothpaste
- Any special dietary food needs such as sugar-free or low-salt items

WEEK 6:

- A prepared First Aid kit such as the one available from the American Red Cross, or a box of sterile adhesive bandages in assorted sizes, a roll of adhesive tape, sterile gauze pads, sterile rolls of bandages, nitrile (NOT LATEX; they crack with time) disposable gloves
- 1 package of safety pins
- 1 large tube or bottle of sunscreen, sun protection factor of 45 or greater

WEEK 7:

- Add to emergency medical supplies with the addition of an emergency blanket, a regular blanket, more adhesive tape, another roll of bandage
- Changes of clothing for each family member. Depending on space, one or two days’ worth. Don’t forget a jacket and sweatshirt.
- A selection of favorite spices for some of the bland food in plastic containers available at REI or Salem Summit, or in plastic bags sealed in airtight containers. Suggestions: salt, pepper, sugar, cinnamon. Make sure all edible are marked boldly with an expiration date
- One plate, one cup, and one bowl per family member
- Utensils for each family member, fork, knife, spoons. Utensils for food preparation: spatula, large spoon, knife.

WEEK 8:

- Whistle, metal is better than plastic
- Extra bulbs and batteries for flashlights
- Work boots. An extra pair of sneakers or tennis shoes do not count as boots. Often, the No. 1 non-serious injury in an earthquake is flying glass. Having heavily soled boots in a bag tied around the bed post along with another flashlight minimizes this injury during a disaster that happens at night.
- Pry bar
- Extra cords for smartphones

WEEK 9:

- Pliers and screwdrivers. Multiple sizes and formats if possible. For instance: one Phillips head and one slotted head. Torx and Allen wrenches if you're so inclined.
- Hammer
- Strapping and fastening tools to secure items such as hot-water heaters, bookcases and computer desks or tables. Available online or through the American Red Cross, see "quakehold supplies."

WEEK 10:

- 1 gallon of water*
- 1 large can of fruit
- 1 large can of vegetables
- 1 can of meat or protein such as Spam or Underwood Chicken spread
- Develop a 72-hour kit for your car, or buy a ready-made one at the American Red Cross or online. The kits typically retail for about \$60, but can be found for less and more. Spend what you can afford but make sure it contains the basics such as flashlight, batteries, an emergency blanket, water and food for three days, a dust mask, some essential First Aid supplies.

WEEK 11:

- Child-proof latches or fasteners for cupboards to prevent them from opening and spilling contents
- Quakehold or museum putty to secure moveable items on shelves.
- Cash in small denominations such as \$1 and \$5. If power is out, ATMs and cash registers might not work. If stores are open, they might be limited to cash-only transactions.

WEEK 12:

- 1 box of graham crackers and other snacks
- Assorted plastic containers with lids for food and other storage
- Special equipment such as hearing-aid batteries, a spare cane.
- Dry cereal sealed in bags

WEEK 13:

- 1 can per person of ready-to-eat soup (not concentrates)*
- 1 large can of fruit*

- 1 large can of vegetables
- A small sewing or mending kit (needles and thread)
- Disinfectant spray
- Baby items, if needed. Bottles, formula, diapers to last two weeks or more

WEEK 14:

- Scissors
- Tweezers
- Thermometer
- Liquid antibacterial hand soap
- Disposable hand wipes
- Petroleum jelly or other lubricating cream
- 2 tongue blades/depressors (included in American Red Cross First-Aid kit)
- An extra pair of prescription eyeglasses or readers if that is what's used

WEEK 15:

- 1 can per person of ready-to-eat soup*
- Liquid dish soap
- Household chlorine bleach with a medicine dropper for water treatment
- 1 box heavy-duty garbage bags with ties (don't skimp on heavy-duty; may be needed to hold human waste)
- Antacid tablets if used

WEEK 16:

- Waterproof and portable container (plastic files with handles work well) for important papers
- Hand-crank or battery powered NOAA weather radio. Many models have flashlights built into them as well, and can charge a smartphone by crank. If the cell towers are working, this is one way to ensure you have cell power even if electrical power sources are disabled.
- Wrench to turn off utilities. Many online suppliers feature a 4-1 tool, which is notched to turn off water as well. NOTE: If you do NOT smell rotten eggs (a sign of escaping natural gas) at your home do NOT turn off the gas. Once gas is turned off, it will require a gas-utility serviceperson to turn it back on and relight pilot lights. These employees are expected to be busy. So if you smell rotten eggs, turn off gas. If you don't, the recommendation by NW Natural is to leave it on.

WEEK 17:

- 1 large can of juice per person*
- Box of large plastic food bags
- 1 box of 12 or more high-energy bars or snacks
- Three (3) or more rolls of paper towels
- Extra battery for cell phone
- Cat owners should pack clean litter box and large bag of litter
- Pet food for cats, dogs, birds and others. A two-week supply is recommended
- Medicines for animals

WEEK 18:

- A pet First-Aid kit, available from the American Red Cross
- Large bottle of hydrogen peroxide
- Extra water for pets
- Rubbing alcohol, anti-diarrheal OTC medication
- Antiseptic lotion or cream
- Sleeping bag for each family member, extra blankets

WEEK 19:

- 1 can of meat or protein such as Spam or Underwood Chicken spread
- 1 large can of vegetables
- 1 large can of fruit
- 1 box of facial tissues
- 1 box of 12 or more high-energy snacks
- Large sealed bag of dried fruits and nuts

WEEK 20:

- 1 large, sturdy plastic bucket with tight-fitting lid (for toilet needs)
- Plastic sheeting or tarp
- Denture-care supplies if necessary

WEEK 21:

- 1 box of high-energy snacks
- 1 large can of juice per person*
- 1 can of meat or protein such as Spam or Underwood Chicken spread
- Boxes of prepared pasta mix, such as Mac-N-Cheese and ramen noodles, can be comfort foods, but they require water for preparation
- Other comfort foods such as cookies, candy bars, are especially handy for small children

WEEK 22:

- Plastic cling wrap
- Aluminum foil
- Rigid or rope escape ladder for buildings with second floors
- A few feet of cotton, hemp or fiber rope. Nylon or polyester rope if burned melts, so these types are not recommended

WEEK: 23:

- Camping or utility knife (if using an American Red Cross Disaster Kit, this item is usually included)
- Durable work gloves; leather or suede recommended
- Safety goggles; rigid plastic recommended
- Disposable dust mask. There will be no dust settling for a while. A box of them is recommended. And please remember, disposable dust masks are not meant to keep out dangerous or toxic chemicals. Do not enter buildings where chemical contamination is suspected

WEEK 24:

- Begin rotating water and food stores, replacing those perishable items purchased in WEEK 1 and then subsequently replacing later weeks. More non-perishable food staples can be added depending on family preferences