

Create a Disaster Preparedness Kit

Month Eight, November 2026

To Do:

□ Review insurance coverages: be sure you are covered for disasters that may happen in your area.

□ Keep a card with important health information in your kit.

To Collect:

□ 2 rolls toilet paper*
□ Two 5-gal buckets (for urine and solid waste) [check Amazon for 5-gal toilet buckets)
□ 1 gallon regular household bleach (DO NOT USE scented, color-safe, or bleaches with added cleaners)
□ Medicine dropper, to add bleach for purifying water
□ Work gloves
□ 50 feet of rope
□ Crow bar
□ Cash (small bills and coins)

*** For everything followed by an asterisk, be sure to multiply by the number of people in your household (e.g., a family of four people will need 8 rolls of toilet paper).**

Waste and Hygiene Plan

Studies show that, when disaster strikes, damage to sewer and wastewater infrastructure is likely to take much longer to recover than other types of infrastructure. Get prepared with a waste and hygiene plan to maintain healthy living conditions!

Safety Considerations



- Don't bathe in contaminated water.
- Multiple people should not bathe in the same water.
- Use only clean water to brush your teeth; tap water may be contaminated.

During longer-term disasters when indoor plumbing may not be available, you need to keep your body clean to avoid infection and skin irritations. Some short-term options to help conserve water include:

- Baby wipes or other personal hygiene wipes.
- Dry shampoo.
- Alcohol-based hand sanitizer.
- Bleach and water combination: Add 1/8 teaspoon of bleach per gallon of water; stir and let stand for 30 minutes.

Two-Bucket Waste Management System

Use a two-bucket system to manage human and pet waste, to protect yourself from illness, and to protect public health.

- Start with two 5-gallon buckets and several heavy-duty plastic bags.
- Label 1 bucket for #1 Urine and 1 for #2 Solid Waste. Separating waste lessens volume and odor and makes storing and disposing of contents safer and easier.
- Line the solids bucket with a heavy-duty plastic bag for easier disposal.

For Pee:

- If possible, add water to the bucket to dilute contents.
- Pour diluted urine on the lawn, garden, or ground.
- Place toilet paper in the poo bucket.

For Poo:

- Cover each use with bark chips, dirt, etc., to help dry the waste.
- Fill the bucket no more than half full.
- Double-bag and store the waste separate from other garbage and away from food and water.
- Secure waste from pets, flies, rats, etc.

For Menstrual Product Waste:

- Place disposable tampons and sanitary pads in a separate garbage bag.
- Pour contents of a menstrual cup into the poo bucket.



Visit www.rdpo.net/emergency-toilet for more information.