

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: _____

