

Personal Disaster Preparedness Supplies Checklist

Be prepared for three to five days!

Survival

- Water - 1 gallon per person, per day
- Essential medication and eyeglasses
- First aid book & First aid kit - freshly stocked
- Food (packaged, canned, no-cook, baby food, special diets)
- Blankets or sleeping bags
- Can opener (non-electric)
- Fire extinguisher (A-B-C type)
- Food and water for pets
- Important documents [insurance, property records, credit cards, birth certificate, etc]
- Money, cash and coins for 3-5 days
- Portable radio, flashlight & extra batteries

Make a Kit

Sanitation Supplies

- Bar soap and liquid detergent
- Shampoo protection
- Toothpaste and toothbrushes
- Feminine and infant supplies
- Toilet paper & wipes
- Household bleach (with no additives)
- Large trash cans
- Large plastic trash bags for trash, water

Stay Informed

KIRO 710 AM
NOAA Weather radio

Safety and Comfort

- Sturdy shoes & hard hat
- Change of clothing
- Knife or razorblades
- Heavy gloves for clearing debris
- Tent or tarp & ropes for shelter
- Garden hose (for siphoning and fire fighting)

Workplace Basic Kit

Food, water, whistle, medications,
flashlight, and comfort items.

Cooking

- Barbecue, camp stove, chafing dish
- Fuel for cooking (charcoal, camp stove fuel) *NOT* Indoors
- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil

Tools and Supplies

- Ax, shovel, broom
- Coil of 1/2" rope
- Toys for children
- Screwdriver, pliers, hammer
- Plastic tape and sheeting
- Crescent wrench for turning off gas



Vehicle Kit (Urban Backpacking)

Water and Food	Work/Warm Gloves
First Aid Supplies	Extra Clothing
Prescription Medications	Sturdy Shoes
Flashlight & Extra Batteries	Dust Masks
Radio & Extra Batteries	Blankets
Tire Chains & Booster Cables	Coins for Phone Calls
Plastic Bags - Small to Large	Basic Tool Kit
Personal Hygiene Items	Rope & Duct Tape

Personal Disaster Preparedness Supplies Vendors

Though listed below, this is not an endorsement by City Chaplain or any organization or municipality they may represent. Web or directory searches of: "Disaster Preparedness Kits" will provide more resources.

American Preparedness, Des Moines, WA

(888) 431-4511 www.americanpreparedness.com

American Red Cross, Seattle, WA

(206) 726-3530 www.seattleredcross.org

Emergency Preparedness Service, Seattle, WA

(206) 762-0889 www.emprep.com

Emergency Supply Center, Olympia, WA

(360) 866-0366 www.emergencysupply.com

PrepareSmart, LLC, Redmond, WA

(425) 881-5354 www.preparesmart.com

Simpler Life Emergency Provisions, Inc., Redlands, CA

(800) 266-7737 www.simplerlife.com

SOS Survival Products, Van Nuys, CA

(800) 479-7998 www.sosurvivalproducts.com

Worksafe Technologies NW, Kirkland, WA

(425) 822-6997 *(non-structural earthquake fasteners)*
www.worksafetech.com



Be Ready

by the **U.S. Dept of Homeland Security**

- 1. Make a Kit** – of emergency/disaster supplies
- 2. Make a Plan** – what you will do in an emergency/disaster
- 3. Be Informed** – radio. Stay CALM

Everyone old enough to stay at home alone should know

- First Aid & CPR
- How to exit the home in an emergency
- Where to "Drop-Cover-Hold" in each room
- Where the "shelter-in-place" room is located
- When and How-to turn off the utilities
- The out-of-the-area contact if you're separated
- Two meeting or reunion locations if separated

Consider Special Needs

- | | |
|--------------------------|------------------------------|
| Elderly or Disabled | Sanitation |
| Infant & Children | Medications |
| Limited-English speaking | Electric medical equipment |
| Out-of town guests | Cash (ATMs may not work) |
| Pets and animals | Auto gas tank ½ full minimum |



Make a Plan

Update & refresh disaster supplies & plan regularly

Every 6 months: pre-summer & pre-winter (daylight savings change)

Have employer, school/daycare review their preparedness

Make sure they have your current family contact information.

Get involved in a local Citizen Corps Council

"The mission of Citizen Corps...is to make communities safer, stronger and better prepared to respond to the threats...of all kinds." Citizen Corps programs include V.I.P.S. (Volunteers in Police Service), CERT (Community Emergency Response Team), Fire Corps, Medical Reserve Corps and an expanded Neighborhood Watch program.

Internet Disaster & Emergency Information

Contact your local Office of Emergency Management (for example)
 Seattle Office of Emergency Mgt — www.seattle.gov/emergency_mgt
 King Co. OEM — www.metrokc.gov/prepare or www.3days3ways.org
 U.S. Department of Homeland Security — www.ready.gov
 Washington State Emergency Management Division — www.emd.wa.gov
 Citizen Corps — www.citizencorps.gov
 Home/Bus. Retrofit: Project Impact — www.ci.seattle.wa.us/projectimpact
 American Red Cross, King & Kitsap Counties — www.seattlredcross.org
 Humane Society of the United States — www.hsus.org/ace\18774

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**ALL HAZARDS THREE-DAY
PERSONAL DISASTER PREPAREDNESS**

www.EveryonePrepared.org

Checklist & Resources

If you're prepared to stand-alone for three days after an earthquake during a winter storm, then you're prepared for most Northwest disasters. Be prepared in your car, home, workplace & school/daycare.

Recommended Training Video:

"Personal Survival Kit for Earthquakes & Other Disasters"
by Global Net Productions

Custom Flier

Invite City Chaplain to do a
Peer Train-the-Trainer

for your organization and we'll customize your
PASS IT ON handouts with your logo and name.

Email: Pat@CityChaplain.org
www.EveryonePrepared.org



www.GlobalNetProductions.com
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