

### 3. Build a Kit

Being prepared means being equipped with the proper supplies you may need in the event of an emergency or disaster. Keep your supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you if you evacuate. Start with these items:

- Water—one gallon per person per day for a **minimum** of three days\*
- Food—items that don't need to be refrigerated or cooked (e.g., peanut butter, canned meats, energy bars, canned fruits and vegetables, etc.)
- First aid kit—include any prescription and over-the-counter medications (see p. 7 for more information)

#### Additional supplies\*

- Flashlight (battery or alternative-powered)
- Radio (battery or alternative-powered)
- Extra batteries
- Solar charger
- Copies of important documents
- Family contact information and copy of family's emergency plan
- Cash—small denominations, such as \$1 or \$5
- Pet supplies
- Hygiene items such as toothbrush, toothpaste, soap, etc.
- Multi-purpose tool and work gloves
- Comfort items, such as toys, games, family photos, etc.
- Manual can opener
- Duct tape and plastic sheeting

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#### Vehicle and work supplies (keep in plastic tub or other container with a lid)

- Blanket(s) and/or sleeping bag
- Booster cables and tool kit (car only)
- Bottled water (use a heavy plastic bottle specifically made for water storage and fill with tap water)
- Canned fruits/nuts
- Manual can opener
- Prescriptions
- Emergency flares and distress flag/sign
- First aid kit and reference guide
- Cell phone charger

Your personal kit should contain a minimum of three days\* of supplies for one person in a bag or backpack. Keep a kit at home, in your car and at work. Your family kit should contain two weeks of supplies for the entire family in a sturdy container, kept at home. Review your supplies every six months. Replace any items nearing expiration dates. Assemble your own kit or buy one at [redcrossstore.org](http://redcrossstore.org).

#### "By the bed" mini-kit

Keep a sturdy pair of shoes, a flashlight and an extra pair of glasses (if you wear them) in a bag attached to the foot of your headboard. If an emergency strikes at night, you'll be able to walk across debris and see where you're going.

**\*NOTE: While the Red Cross recommends preparing for a minimum of three days, every disaster is different and some situations may result in being cut off from resources for two weeks or longer. Understand your risks and plan accordingly.**

**There is a high probability that a Cascadia Subduction Zone earthquake, reaching a magnitude of nearly 9.0, will occur in our lifetime. Being prepared to be self-sufficient for two weeks is an achievable goal. You can get there over time, you don't have to get there today.**

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## First aid kit

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You can buy a first aid kit or build one using the list below. Check and replenish first aid supplies yearly. Consider enrolling your family in a first aid class. Children over the age of 10 can be enrolled in Red Cross basic first aid training. Visit [www.redcross.org](http://www.redcross.org) to buy a kit or register for a class.

- Disposable gloves, 2 pairs
- Scissors and safety pins
- Roll of gauze and elastic bandages
- Non-stick sterile pads (different sizes)
- Assorted adhesive bandages
- Triangle bandages, 3
- Aspirin or substitute\*
- Antibiotic ointment\*
- Antihistamines\*
- Sanitary napkins
- Current prescription medicines\*
- Disinfectant (for cleaning wounds)\*
- Petroleum jelly
- Cotton balls
- Sunscreen
- Thermometer
- Tongue depressors, 2
- Soap and clean cloth / moistened towelettes
- Waterless hand cleaner
- Tweezers / needle
- Eye dressing or pad
- Paper tape
- Small plastic cup
- Pen and note paper
- Emergency phone numbers
- American Red Cross first aid reference guide or first aid manual
- Include non-prescription medications, including pain relievers, antacids, ipecac, laxatives, hydrocortisone cream and vitamins\*

\*Keep all medications in original containers. Check expiration dates and replace as needed.

## Sanitation

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- Large plastic trash bags (for trash, waste and water protection)
- Large trash can
- Bar soap and liquid detergent
- Shampoo
- Toothpaste/toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household liquid bleach for water purification, plus eyedropper for measuring (See Water Storage, p. 24)
- Newspaper to wrap garbage and waste
- Pre-moistened towelettes
- Bucket, plastic trash bags, bleach and two boards to construct a makeshift toilet

## Tools and supplies

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- Crescent wrench, 12 inches or longer (store near natural gas shut-off in waterproof container)
- Axe, shovel, pry bar, broom
- Screwdrivers, pliers, hammer
- Coil of 1/2 inch nylon rope (50 feet)
- Pocket knife and staple gun
- Pen and paper (stored in watertight container)
- Heavy gloves for cleaning up debris
- Sturdy shoes (keep pair by bed)
- Clothes for protection from cold and rain or extreme heat
- Matches, kept in waterproof, child-resistant container
- Glow sticks or light sticks
- Garden hose with shut-off nozzle for fighting fire
- Tent and tarps
- Whistle to signal for help

## Financial preparedness

### Four Ways to Keep Finances Intact in a Natural Disaster

To prevent a natural disaster from becoming a financial catastrophe, take the following steps:

**1. Stockpile savings.** An emergency fund with three to six months' worth of savings is a key part of any household financial plan. But it's also important in an emergency. Funds that you can draw on quickly and easily can be a lifesaver in the wake of a natural disaster.

**2. Protect your credit.** Part of protecting your finances involves protecting your credit. Include the contact information for your creditors—such as your mortgage lender, credit card companies and utilities—in your financial preparedness kit. If you have to evacuate, reach out to your creditors as soon as possible to request a temporary reprieve from payments.

**3. Review your insurance.** Your insurance policies can help you recover financially from a disaster, provided you have the right coverage. Review your property, flood, life and disability insurance policies once a year when you receive the new documents from your insurer.

**4. Put together an emergency kit with important documents.** Some people rent bank safe deposit boxes for important papers. It's also recommended to scan important documents and save them electronically, whether by e-mailing important documents to yourself, saving documents to a thumb drive or storing important documents to the "cloud." In addition, it's a good idea to prepare an emergency kit to store at home, containing photocopies of those you're likely to need after a disaster. Your emergency kit should be a fireproof, waterproof, lock box in a place that's easily accessible. Once assembled, mark your calendar with a reminder to go through it in a year to make sure the contents remain current. For additional security, consider sending copies of vital documents to a trusted family member or friend who lives in a community far enough away that it's unlikely that it would also be hit if a large-scale disaster should strike. Some items to consider including in your emergency kit include:

- A small amount of cash (in case your bank is inaccessible)
- Birth, death and marriage certificates
- Negatives of irreplaceable family photos stored in protective plastic sleeves
- Adoption papers
- Photos or video of possessions
- Military records
- Social Security cards
- Mortgage/property deeds
- Car titles
- Insurance policies
- List of credit card and debit card numbers, including "800" contact numbers
- Book of blank checks
- A thumb drive of important scanned documents (or saved via e-mail or in "cloud" storage)
- Safe deposit box location, list of contents and key
- Recent pay stubs and employee benefits information
- Retirement account records
- Recent tax returns