



PREP Checklists: GO and STAY KITS

In gathering what you need to make it through a disaster, put together both a **GO KIT**, in case you need to evacuate, and a **STAY KIT** of gear and supplies you'll need to ride it out at home. Even after a major earthquake, your house might still be safe to stay in, and with enough preparation you can stay at home even if utility and transport services are out. Studies show people fare best at home if it's safe. Here are PREP's suggestions – based on Red Cross, Ready.gov and other sources – as a starting point for customizing your kits for your family's needs.

GO KIT: Consider what you'd need if your house is not safe and you need to evacuate to a shelter, motel, or home of family or friend. Pack up the GO BAGS (consider rolling suitcases or backpacks) and store them in an easily accessible place.

Under everyone's bed

- a pair of sturdy shoes/boots & socks
- bicycle helmet or hard hat
- leather work gloves
- flashlight & whistle stuffed in shoes
- bottle of water

In personal GO BAGS

- toothbrush & paste, soap & small towel
- facial tissue & toilet paper
- complete change of warm clothing plus rain gear
- sleeping bag or blanket
- water: 1 gallon/day x 3 days (or put in family bag)
- medications & wellness items
- spare pair of glasses or contact lens items
- out of area contact information
- photo of the whole family
- cash in small bills
- a comfort item (stuffed toy, book . . .)

In the family GO BAG

- 3 days' supply of high-protein, high-energy food that won't spoil (see STAY KIT for suggestions)
- can opener, utensils, plastic/paper dishes & cups
- battery/crank radio, flashlight, extra batteries

- first aid kit including prescriptions & a manual
- sewing kit with scissors
- extra set house & car keys
- more cash in small bills & credit card
- important family papers in a waterproof container (include copies of insurance & medical information & phone nos.; prescriptions; driver's licenses/other ID)
- photo of whole family and pets
- paper and pens or pencils with hand sharpener
- sanitation supplies (see STAY KIT for examples)
- toilet paper
- entertainment items: cards, books
- special items for infants & the elderly/disabled

For Fido or Fluffy

Pets, except service animals, are not generally allowed in human shelters. Some shelters might have facilities for pets nearby, but most don't. So it's important to make alternative plans such as kennels, pet-friendly motels, neighbors, friends or family. See the **Family Pet Emergency Plan** handout for information and supplies for your pet's emergency kit. Also,

- consider microchipping your pet companion
- be sure rabies vaccinations are up to date (required for shelter admission)
- keep your pets securely leashed or confined while transporting; keep papers & emergency kit with them
- arrange with a trusted neighbor to care for each other's pets if you're not home when disaster strikes; make sure neighbor knows location of emergency kit

STAY KIT: In a large disaster such as a regional earthquake, supplies will be a long time coming due to damaged or impassible roads, so it's best to plan for 3 weeks on your own. You don't need to assemble your STAY KIT into one place as long as you know where it all is. To build up your kit a little at a time, use the **Family Emergency Supply Calendar** as a buying guide. **To the GO KIT lists, add this list:**

Water: Store tap water in clean food-safe bottles (not milk jugs), or buy bottled water. Also, you can use water from your water heater if it's not damaged. (Be sure now that it's securely strapped down, and flush the heater annually to remove sediment.) This water may not be drinkable without treatment but can be used for washing.

You need 1 gallon per person per day for drinking, cooking and hygiene.

See **Beyond 72 Hours** for more information on how to store and purify water.

STAY KIT, continued

Food: See **Beyond 72 Hours** for using food from the fridge and freezer. Choose foods household members like, which don't need refrigeration, are not too salty, and mostly don't require cooking. (If you use very salty food or dehydrated food, you'll need more water.)

Don't store food for your kit in glass. Include

- protein items such as nuts & canned meats, fish, beans, soups & stews
- canned vegetables & fruits; canned/boxed juices
- high energy foods such as energy bars, peanut butter & crackers, trail mix, dried fruit, cookies
- dry cereal/granola & sealed boxes of milk or boxed milk substitutes
- comfort foods (coffee, tea, chocolate!)
- vitamins
- special needs for infants & elders

Kitchen gear & supplies:

- camp stove & fuel (see **Beyond 72 Hours** for why to cook OUTSIDE ONLY!)
- non-electric can opener
- antibacterial dish soap
- household bleach to dilute for a disinfectant (10 drops per gallon of water, let stand 30+ minutes)
- zip seal bags; garbage bags & ties
- To minimize the need for washing water, store paper plates & cups, plastic utensils, paper towels & napkins, disposable disinfecting hand wipes

Emergency gear:

- battery lanterns, more batteries
- magnesium striker

- candles with matches in waterproof holder (last resort light source only—fire hazard)
- cell phone; battery or hand crank phone charger (test it!)
- hand crank battery charger or auto battery inverter
- dust masks to filter dust-contaminated air
- local maps

Sanitation:

- separate buckets for pee & poo with toilet seat lid & sawdust or other carbon material to cover poo (see **Beyond 72 Hours** for details; learn how!)
 - heavy duty trash bags & ties
 - personal & feminine hygiene items, soap, shampoo
- See "Kitchen gear & supplies" for using bleach as a disinfectant.

Tools:

- Swiss Army knife, field knife with razor bands & sharpening stone, multi tool
- pliers sets, vise grips, multi screwdriver set, screws, hammer, nails, wire, epoxy, staple gun & staples
- small axe, shovel, foldable root saw, hack saw blade, metal file for sharpening, crowbar or pry bar
- shutoff tools (non-sparking) to turn off utilities
- ABC fire extinguisher

Shelter:

- tent (see **Beyond 72 Hours** for how to use indoors)
- plastic sheeting & duct tape for covering broken windows
- roofing tarp
- 2 painter drop cloths 10x20
- nylon rope

CAMPING KIT: In addition to the STAY and GO KIT lists, include these items if you want the option of camping out in your back yard or elsewhere. This could be an alternative to a shelter, motel, or family member/friend's home, should your house not be safe to stay in.

Camp kitchen:

- mess kits or cups, plates & utensils
- cook pots, cooking knife, large spoon
- ice chest for food storage
- aluminum foil
- sponge scrubby, hand towel, hot pads

Clothing:

- extra warm clothes, underwear & socks
- boots, rain pants & poncho

Miscellaneous:

- US Army Field Guide or similar survival book
- mylar blankets, quick dry towels
- sunscreen, bug repellent
- notebooks, paper, pens, pencils with hand sharpener
- books, games, puzzles, toys, etc. for children
- stuff sacs, duffel bags &/or backpacks
- small backpacks/waist packs for personal stuff

Once you have these kits together, you can make smaller kits for the car, work or school. See the **Resources** section of the **PREP** website if you want more suggestions for emergency supplies.

We often hear about 72-hour kits in the context of disaster readiness. However, a widespread regional disaster such as a Cascadia subduction zone earthquake would disrupt supply, assistance and communications lines for much longer than 72 hours. Think through your needs for up to three weeks without services. Though food supplies may eventually be provided through the Red Cross and National Guard, we need to consider these issues:

Power: Be prepared to be without refrigeration and hot water; stoves; electric can openers; computers; security devices and street lights at night; and most phones except possibly land lines, with non-electric phone only, and emergency phones (cellphones may work for texting if towers are standing). If you have a wood stove, **store extra wood**. Consider a generator and fuel or portable solar panels for lighting, heating and recharging.

Water: The standard recommendation is to store one gallon of **drinking** water per person per day for drinking, cooking, brushing teeth and washing hands. But this doesn't take care of all our water needs—for showering, washing dishes and clothes, and flushing toilets (see below). Most homes have some water stored in the water heater tank (which needs to be bolted or strapped down). Some homes have hot tubs, swimming pools, or rain-water barrels, but these can be damaged in a quake and leak. Also, the chemicals in hot tubs and swimming pools are too concentrated for that water to be drinkable, but it can be used for washing. It would also be a good idea to have a **water filter that can filter out bacteria** (see **Where to Buy Supplies** for more information). You can also purify water by boiling, then adding 16 drops of bleach per gallon and letting it stand 30 minutes before using. Aerate for better taste by pouring between two clean containers.

Food: Most food in the fridge should be consumed within 24 hours. Frozen food will keep for 2 or 3 days without electricity. Cook on a camp stove or BBQ **OUTDOORS only**. Cooking this way indoors gives off deadly gases, even if you cook in the fireplace. If you don't have something to cook on, find someone who does and share cooking duties and your perishable food. Store at least a 2 week supply of **non-perishable food**, including ready-to-eat items that have high energy/calorie content.

Garbage: Store a generous supply of **heavy duty plastic bags** to store garbage until service is restored or until alternative drop-off locations can be arranged.

Human waste: Use the two-bucket system developed following the Christchurch earthquake to separate pee and poo. Get two 5 to 6 gallon buckets with lids plus a toilet seat that can be used on either bucket (available through preparedness stores and websites), and one or two gallon-size plastic bags of sawdust, shredded paper, peat moss, pulverized leaves or other carbon material. Mark one bucket "pee" and the other "poo." (Pee is what produces the bad smell in toilets that mix waste, so the idea is to keep them separate as much as possible.) Keep the pee bucket well sealed when not in use. Sprinkle enough of the carbon material over poo to completely cover the surface (this eliminates odors and keeps flies from making themselves at home). Cover the poo bucket with the toilet seat making sure it is **not** airtight--air will dry out the poo and reduce its volume. Collect used toilet paper separately in a plastic bag. For more detail, see the **Emergency Sanitation** handout available on the **Get Prepared** page of this website.

Shelter: If you don't already have a **tent**, get one if you can. If your house is livable after a disaster but has no heat, a small tent can be set up right on a bed. A larger one can be set up on the floor and the mattress moved into it. The tent will retain body heat, keeping you warmer. If your house is not liveable, a tent can house you until you can find other shelter; be sure it is large enough for family members and gear.

For more ideas, check the **Long-Term Resilience** section of the **PREP** website.

Family Emergency Supplies Calendar

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Hand operated can opener <input type="checkbox"/> Instant coffee, tea, powdered drinks <input type="checkbox"/> Permanent marking pen to mark date on cans, bottles <input type="checkbox"/> 1 box large heavy-duty garbage bags <p>To Do: Check your home for hazards.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plumber's tape <input type="checkbox"/> Crowbar <input type="checkbox"/> Smoke detector with battery <input type="checkbox"/> 2 flashlights with batteries <p>Also: Pet leash and/or carrier</p> <p>To Do: Pack a "Go Kit" for evacuations. Mark your calendar for 6 months from today to replenish/replace food and water.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> Sanitary napkins <input type="checkbox"/> Adult vitamins <input type="checkbox"/> 1 box quick energy snacks <p>Also: Pet food, diapers, and baby supplies (remember 1 gallon water for each pet)</p> <p>To Do: Locate gas meter and water shutoffs, and have a wrench that fits each.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crescent wrench <input type="checkbox"/> Screwdriver set <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Battery powered camping lantern <input type="checkbox"/> Bungee cords <p>Also: Extra medications or a prescription marked "Emergency Use"</p> <p>To Do: Place a pair of sturdy shoes and a flashlight under each bed so they are handy during an emergency.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 2 rolls toilet paper* <input type="checkbox"/> Extra toothbrush* <input type="checkbox"/> Extra toothpaste* <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil <p>Also: Special foods for dietary/medical restrictions</p> <p>To Do: Identify evacuation routes for your area.</p>	<p>First Aid Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin or Tylenol <input type="checkbox"/> Compresses <input type="checkbox"/> Gauze/bandages <input type="checkbox"/> First aid tape <input type="checkbox"/> Adhesive bandages (assorted sizes) <p>Also: Extra batteries for special medical equipment</p> <p>To Do: Teach your family members how to use phones and messaging devices.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hardware to secure heavy or hazardous objects <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> 1 box disposable dust masks <p>Also: Assorted safety pins</p> <p>To Do: Install hardware to secure heavy or hazardous objects.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 can ready-to-eat soup* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Children's vitamins <p>Also: Any items required for eye care</p> <p>To Do: Make an emergency plan with your family</p>

Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
<p>First Aid Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Antiseptic <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing kit <p>Also: Individual eye protection (safety glasses/goggles)</p> <p>To Do: Establish an out-of-state contact to call in case of emergency. Inform your emergency contacts of this situation.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready-to-eat soup* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 can vegetables <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Liquid bleach <input type="checkbox"/> 1 box heavy-duty garbage bags <p>Also: Assemble some games for you and your family to play as well as individual games.</p> <p>To Do: Plan and practice exit drills in the home.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable plastic container for important papers <input type="checkbox"/> Portable AM/FM radio and batteries <p>Also: blankets or sleeping bags for each family member</p> <p>To Do: Check with your child's day care or school for their disaster plan. Arrange for family, friends or neighbors to help your children if you are at work.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 box quick energy snacks (power bars) <input type="checkbox"/> 3 rolls paper towels <input type="checkbox"/> Facial tissues <p>To Do: Sign up for First Aid/CPR class and Community Emergency Response Team or Neighborhood Emergency Team training courses (CERT or NET).</p>	<p>First Aid Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Ipecac syrup and activated charcoal (for accidental poisoning) <input type="checkbox"/> Sunscreen <p>To Do: Find out if you have a neighborhood safety organization and join it. Plan to check on a neighbor who might need help during an emergency.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> Pliers <input type="checkbox"/> Vise grips <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Extra batteries <p>Also: Purchase an emergency escape ladder for any second story bedrooms.</p> <p>To Do: Find out about your workplace emergency plans.</p>	<p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 protein item* <input type="checkbox"/> 1 package eating utensils <input type="checkbox"/> 1 package paper cups <input type="checkbox"/> 3 rolls paper towels <input type="checkbox"/> 2 rolls toilet paper* <p>Also: Assorted plastic containers with lids for storage</p> <p>To Do: Subscribe to local community alert services.</p>	<p>Hardware Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra flashlight batteries <input type="checkbox"/> Duct tape <input type="checkbox"/> Hammer <input type="checkbox"/> Assorted nails <p>To Do: Photocopy important papers and store them safely. Determine if there is an out-of-state family member or other secure storage place to put copies of your important papers.</p>

*Per person in the household