Water

Water—one gallon per person (½g for drinking, ½g for hygiene/food preparation), per day
(☐ 3day supply for evacuation, ☐ 2week supply for home)
FEMA recommends you either

- Purchase commercially bottled water and do not open until needed. Watch “use by” date - water does get old
- Purchase food-grade water storage containers from surplus or camping supplies stores to use for water storage. Before filling with water, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap.
- If you choose to use your own storage containers, choose clean two-litre plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them as these cannot be adequately cleaned and promote bacterial growth. Cardboard containers leak, glass can break.
- Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water
- Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water.
- Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger. Place a date on the outside of the container so that you know when you filled it. Store in a cool, dark place.
- Replace the water every six months if not using commercially bottled water.

☐ non-scented liquid household chlorine bleach

We also pack the following as we figure that once our stored water supply runs out we should be able to get access to some water (e.g. rain, local streams) even if it is contaminated:

☐ Portable water filter. In this post I show one that you can quickly make once you have the filters.

☐ Water Purification tablets These are cheap and have a about a four year shelf life if unopened. The two most popular ones are the Katadyn Micropur MP1 Water Purification (Chlorine) tablets and Potable Aqua Water Treatment tablets iodine tablets. Having tried both, Micropur has the least after taste and have a good reputation, they are used by the US military.

Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

☐ Sturdy shoes or work boots ☐ Hat, mittens, and scarf
☐ Rain gear ☐ Long Sleeve shirt
☐ Blankets or sleeping bags ☐ Long pants
☐ Sunglasses ☐ Thermal underwear

Extracted primarily from the Federal Emergency Management Agency's Community and Family Preparedness Program and the American Red Cross Community Disaster Education Program are nationwide efforts to help people prepare for disasters of all types. For more information, please contact your local emergency management office and American Red Cross chapter. More downloads at survivalist.org
Food

At least a three-day supply of non-perishable food. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.

Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water, or special preparation. Check your cupboard, you may already have many of these on hand.

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples — sugar, salt, pepper
- High energy foods — peanut butter, jelly, crackers, granola bars, trail mix
- Comfort/stress foods — cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

If you are looking for a more extensive list click Survival Food List.

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors (small, personal)
- Tweezers
- Needle
- Antiseptic/ Antiseptic wipes
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Antibacterial ointment
- Adhesive tape, 2” width
- Cold pack
- Cotton balls
- CPR breathing barrier, such as a face shield
- First aid manual

- Assorted sizes of safety pins
- Cleansing agent/soap
- Germicidal hand wipes or waterless, alcohol-based hand sanitizer
- Moisten ed towelettes
- Latex gloves (2 pair)
- Pairs large, medical grade, non-latex gloves
- Sunscreen

Non-prescription drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting only if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)
## Special Items

**For Baby**
- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

**For Adults**
- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Entertainment - cards, games, kids toys and books
- Personal identification
- Cash and coins
- Credit cards
- Extra set of house keys and car keys
Copies of the following:
- Birth certificate
- Marriage certificate
- Driver’s license
- Social Security cards
- Passports
- Wills
- Deeds
- Inventory of household goods
- Insurance papers
- Immunization records
- Bank and credit card account numbers
- Stocks and bonds
- Emergency contact list and phone numbers
- Map of the area and phone numbers of places you could go

## Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils
- Battery operated radio and extra batteries. NOAA Weather Radio, if appropriate for your area.
- Emergency radio review
- Battery-operated travel alarm clock
- Flashlight and extra batteries
- Shut-off wrench, to turn off household gas and water
- Cash or traveller’s checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers or a good multifunction tool
- Duct tape and Scissors
- Work gloves
- Compass
- Matches in a waterproof container
- Aluminium foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Plastic sheeting
- Whistle

### Sanitation

- Toilet paper,
- Towelettes
- Washcloth and towel
- Soap, liquid detergent
- Hand sanitizer
- Tooth paste, toothbrushes
- Shampoo, comb, and brush
- Deodorants,
- Razor, shaving cream, mirror
- Lip balm, insect repellent
- Feminine supplies (tampons also make good fire starters or staunch blood from wounds)
- Non-lubricated Condoms (Used to transport water in an emergency)
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses and used toilet paper)
- A small shovel for digging a latrine
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

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