SOUTH KING FIRE

Emergency Preparedness Kit Check List

In the event of an emergency, you and your family may need to survive on your own for several days, possibly without power or access to community resources.
Being prepared with disaster supplies is necessary and will reduce your stress and fear, emergency responders may not be able to support you right away. You should have a collection of basic items your household may need in the event of an emergency including food, water and other supplies to last for several days.

Essentials

3 days of food and water supply is recommended, up to 2 weeks worth is best.

- ❑ Water (one gallon per person per day for several days, for drinking and sanitation)
- ❑ Food (at least a 3-day supply of non-perishable food, up to 2 weeks)
- ❑ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ❑ Flashlight
- ❑ First aid kit
- ❑ Extra batteries
- ❑ Whistle (to signal for help)
- ❑ Dust mask (to help filter contaminated air)
- ❑ Plastic sheeting, scissors and duct tape (to shelter in place)
- ❑ Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- ❑ Wrench or pliers (to turn off utilities)
- ❑ Manual can opener (for food)
- ❑ Local maps
- ❑ Cell phone with chargers and a backup battery
- ❑ An emergency plan for your family should be in place. For resources on planning please visit: Make A Plan | Ready.gov

Additional

- ❑ Soap, hand sanitizer and disinfecting wipes to disinfect surfaces

For more information or in person training please fill out a participation request form online at SouthKingFire.Org or email CAO@SouthKingFire.Org

- ❑ Prescription medications. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
  - Write a list of prescription medications with your diagnosis, dosage, frequency, medical supplies needed and allergies to include in your kit. Keep it updated.
- ❑ Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- ❑ Small cooler with break activated ice packs for medications that need to be chilled
- ❑ Prescription eyeglasses and contact lens solution
- ❑ Infant formula, bottles, diapers, wipes and diaper rash cream
- ❑ Pet food and extra water for your pet
- ❑ Important family documents such as copies of insurance policies, identification and bank account records saved electronically and, in a waterproof, portable container
- ❑ Sleeping bag or warm blanket for each person
- ❑ Complete change of clothing appropriate for your climate including sturdy shoes
- ❑ Fire extinguisher
- ❑ Matches in a waterproof container
- ❑ Feminine supplies and personal hygiene items
- ❑ Mess kits, paper cups, plates, paper towels and plastic utensils
- ❑ Paper and pencil
- ❑ Books, games, puzzles or other activities for children

Storage and Maintenance

- Store items in airtight plastic bags and put your entire disaster supplies kit in **one or two easy-to-carry containers such as plastic bins or a duffel bag/suitcase.**
- **Keep this kit in a designated place** and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- Re-think your needs **every year** and update your kit as your family's needs change.
- Keep canned food in a cool, dry place. Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed every year.