



Home Preparedness List

An ongoing look at spreading the cost of preparedness over time and other measures you can take to prepare for an emergency/disaster.

Planning Ahead Month 1

Items to Locate or Purchase:

Hard hat	Work gloves	Safety goggles
Mask (N95)	Heavy shoes & socks	
Whistle	Flashlight/light sticks	

Actions to Take:

Place each of the above items under or near your bed. Be sure to do this for each member of your household. Should a disaster strike late at night, these items will guarantee that you can make your way safely out of your residence, or (in the case of the whistle) alert others of your whereabouts if you cannot leave.

Work with your neighbors to organize your neighborhood under Map Your Neighborhood. Know the MYN steps to be taken in the first minutes following a disaster.

Planning Ahead Month 2

Items to Locate or Purchase:

Compass	Local map
Toothpaste and toothbrush	Denture products
Liquid soap	Cleansing wipes

Actions to Take:

Verify that your out-of-area/state emergency contact information is up to date. Share any changes with all family and friends who may wish to check on your well-being.

Collect and store favorite herbs and seasonings in small packets. Date all perishables.

Remove expired items.

Hold neighborhood disaster exercises.

Imagine the following scenarios:

A major storm has made roads impassable and knocked out power, likely for several days.

A major earthquake has hit the area. Roads are gone and power and phone lines are knocked out. First responders may not be able to get to your neighborhood for days. Outside assistance with food and water may take even longer.

What items will you need as a household and as a neighborhood for each of these scenarios?

What neighbors may need assistance? How can you best help them?

Planning Ahead Month 3

Items to Locate or Purchase:

Pencil & Paper	Easily portable kids' games	
Pliers	Screwdriver	
3 boxes of Kleenex	2 rolls paper towels	Wrench
4 rolls toilet tissue Hammer	Safety pins	Saw

Actions to Take:

Learn about local disaster risks.

Understand what the commonality is regarding what you will need for disaster preparation.

Know the locations of water and gas meters and know how to shut them off.

Keep an appropriate weather-protected wrench near the locations.

Work with your children/grandchildren to assemble an activity kit for them.

Planning Ahead Month 4

Items to Locate or Purchase:

Strapping/fasteners for water heaters
Extra batteries and battery charger
Crank or battery AM/FM radio
Assorted plastic containers and lids
Child-proof latches (works for securing cabinets during earthquakes)
Sewing needles and thread
Sewing scissors
Household scissors
Household chlorine (non-perfumed)
Eyedropper (for adding chlorine to water)

Actions to Take:

Learn about water filtration, purification, and storage.

Place OK/HELP signs with tape or pins with hard hat and other previously placed items under or near your bed.

Learn to use the map and compass included in your kit.

Planning Ahead Month 5

Items to Locate or Purchase:

Unscented Chlorine bleach
Hand soap
Exam gloves
Garbage bags
Waterproof portable container for critical papers
Bucket with lid and plastic liners for toilet
Large plastic food bags
Sleeping bags
Extra blankets
Plastic sheeting
Aluminum foil
Plastic wrap

Actions to Take:

Locate an appropriate area for storage and assemble disaster supplies. (If possible, find a location that is easily accessible.)
Include extra clothing for each household member.
Install emergency ladders for the upper floors of your home.
Photo inventory all household items and store in a lockbox or with an out-of-state friend or family member.
Check batteries in items requiring them to see if they need to be replaced – this includes smoke alarms and carbon monoxide monitors.

Planning Ahead for Month 6

Items to Locate or Purchase:

Matches in waterproof container
Camping utility knife
Heavy hemp or cotton rope
Camp stove
Hand warmers
Duct tape
Deck of cards Books Puzzles

Actions to Take:

Assemble an activity kit for yourself.
Establish/review a family meeting place.
Store extra jackets, blankets, water, and snacks in the car for any road trip. Weather and road conditions can turn bad and cars can develop issues in any season.
Collect items for two small sewing kits – one for your home disaster supplies and one for the car.
Make sure your vehicle has the proper tools needed for an emergency/disaster.

Planning Ahead for Month 7

Items to Locate or Purchase:

2 gallons water (1 gallon per person and pet per day recommend)
2 cans meat
3 cans vegetables
2 cans fruit
Dry cereal
Special snacks for special dietary needs
3 cans ready-to-eat soup, spaghetti, chili, etc.

Actions to Take:

Secure water heater and all top-heavy furniture.
Put together an extra or an old pair of eyeglasses and an eyeglass repair kit to put with your supplies.
Review homeowners'/renters' insurance policies.

Planning Ahead for Month 8

Items to Locate or Purchase:

1-2 packages freeze-dried vegetables
1-2 packages freeze-dried fruit
2 packages freeze-dried meat
1 large can of juice
1 box high-energy snacks
Dried fruits and nuts
Package favorite spices in small, sealable bags
Comfort foods (candy bars, cookies, etc.)

Actions to Take:

Make sure all food items are labeled with expiration dates or best used by dates.
Store them such that they can be rotated, with older items brought to the front as newer ones are purchased.
Make an inventory of all supplies.
If items are used, be sure to replace or replenish them.

Planning Ahead for Month 9

Items to Locate or Purchase:

Pet carriers and leashes in case evacuation is necessary
Extra pet food, water, and pet supplies
Pet IDs and photos
Pet vaccination records
Pet-safe deicer in preparation for the colder months to come
Fuel for generators, fireplaces, and/or woodstoves

Actions to take:

Keep all pet vaccinations up to date and store the records with pet photos along with your disaster supplies.
Pets can become traumatized in times of disaster and may escape. Having them microchipped and wearing tags, as well as having proper vaccination records and photos of your pet (along with photos of you with your pet) can help you be reunited.
Make sure your generator, fireplace, or woodstove functions properly. Pay attention to severe weather warnings and have sufficient fuel on hand to get through power outages.
Take a CERT course and learn what items are needed for a CERT Go-Pack. This will carry you through from those first steps learned in Map Your Neighborhood to assisting your neighborhood through those first critical days following a disaster.

Planning Ahead for Month 10

Items to Purchase or Locate:

Pain reliever
Laxative
Anti-diarrheal meds
Antacid
Extra prescription meds
Red Cross or FEMA first aid kit
FEMA recommended trauma kit
Sunscreen
Battery, solar-charged, or crank AM/FM radio with access to NOAA

Actions to take:

Take a first aid course.
Work with your neighborhood to acquire FRS or GMRS radios and learn to use them with proper protocol and etiquette.
If there is at least one person in your neighborhood who is also an amateur radio operator, you are in luck!

Planning Ahead for Month 11

Items to Purchase or Locate:

Hand sanitizer
Survival straw
Disinfectant
First aid scissors
Tweezers
Thermometer
Petroleum jelly
2 tongue depressors

Actions to take:

Take a Stop the Bleed course.

Planning Ahead for Month 12

Items to Locate or Purchase:

Rubbing alcohol
Hydrogen peroxide
Cotton swabs
Antiseptic

Actions to take:

Re-inventory your supplies and replenish where needed.
Check out the FEMA Individual Studies for online courses. These are free! It just takes a little bit of your time.
Time to learn and time to prepare is time well spent.



What Do You Need in a First Aid Kit?

In the event of an accident or a disaster, a handful of band-aids and a little antibiotic ointment isn't going to get you very far. Here are the suggestions from FEMA for the type of first aid kit you should have available at home, at work, and in your vehicle:

Items for Trauma Kits – (1st part)

Personal safety/CPR:

Nitrile gloves Safety glasses/goggles

CPR micro-shield Hand sanitizer

Minor cuts and scrapes:

Adhesive bandages Butterfly bandages

2"x2" Gauze pads

Roll of plastic medical tape 1"x10 yards

Roll of porous medical tape 2"x10 yards

Roll of cloth medical tape 1"x10 yards

Roll of self-adherent waterproof wrap 1"

Triple antibiotic ointment

Hydrogen peroxide Antibiotic ointment

Individually wrapped alcohol swabs

Aspirin and non-aspirin tablets

Prescriptions and long-term medications

Diarrhea medicine Eye drops

Bandage strips Ace bandages

Rolled gauze Cotton-tipped swabs

Adhesive tape roll

Sanitary napkins Splinting materials

First Aid book Scissors

Tweezers Thermometer

Bar soap Tissues

Sunscreen Paper cups

Pocket knife

Small plastic bags

Needle and thread

Instant cold packs for sprains