### Vashon Be Prepared

Disaster Preparedness Supply Checklists for Water, Food, Sanitation & First Aid (If you have suggestions for improving this list, please email <a href="mailto:nero@vashonbeprepared.org">nero@vashonbeprepared.org</a> - thanks!)

**WATER** is the most important thing to store. If you do nothing else, stock water and encourage your neighbors to do the same!

- Store I gallon of water per person per day. Store eatra water for mixing baby formula and medicines, and for watering pers and livestock.

  The best containers for longer-term water storage are food-grade polyethylene jugs that you can carry (water weighs about 8 lbs per gallon, so a 7-gallon jug weighs 56 lbs).

  Change the water out every three months (use old water to water the garden, then fill with fresh tap water). Store your water in at least two different locations, so that if one water cache is unreachable or unusable, the other one may still be days.

  Include in your water cache a way to treat the water immediately before use (see below). The recommended method for treating emergency drinking water is with unscented liquid dilorine bleach and a medicine dropper. Add 0 drops of bleach per gallon of water; shake or sir to mix, wait 30 minutes, them use to drink or cook.

Nonperishable Foods: Store a minimum of 3 days' worth, and ideally a 2 to 3 week supply.

- ✓ Choose foods that don't need refrigeration, and need little or no preparation or cooking.
  ✓ Avoid foods with high alt content, as they increase thirst.
  ✓ Use a permanen marker to date food items.
  ✓ Store non-canned items in steel trash cans or other sturdy containers that will protect the foods from pests (insects and rodents).
- pests (insects and rodents).

  Inspect your food cache at least every three months; rotate the foods through your regular pantry as you replace them, to make sure they are things you like to eat that are not spoiled or stall-edated.

  C Shoose foods you usually ent that make you fed good.

  Storey your water in at least two different locations, so that if one water cache is unreachable or unusable, the other one may still be obay. Following are some suggested foods that may be easy to eat during and after an incident, but choose foods you like to eat. Remember to include some single-use crups, plates, utensils and magbins.

Ready to eat canned meat, fruit and vegetables Canned fruit & vegetable juices Boxed milk or powdered (in nitrogen-packed

cans) High protein diet shakes

Granola bars
Trail mix
Ready-to-eat cereals (in metal containers)
Nuts (in jars or cans)
Peanut butter
Jams or jellies
Cookies, crackers (in plastic bags & tight

Oried fruit (in metal container)

Candy bars Hard candy Instant coffee, tea & cocoa Ready-to-feed baby formula Salt & pepper, sugar Manual can opener Condiments

### Sanitation:

Sanitation: We're lucky on Vashon because many of us have large yards where we could dig a "cat-bole" if we meeded to use the couldoors for a bathroom for more than a day or so. If we lack electricity to more sewage toward spelic field or wastewater treatment, or if we lack muning water to flush other countries. The considered, Here are some fieless—considered. Here are some fieless—choose the ones that may usify our household the best.

- Paper towels
   Large trash bags
   Sealable plastic bags
   5-gallon bucket and specially-designed toilet seat for 5-gal bucket

- Hand soap & liquid soap
   Personal hygiene products
   Feminine hygiene products
   Infant supplies
   Toilet paper
   Baby wipes pre-moistened towelettes

First Aid Kits: Ideally, store these in home and car, as well as in your supply cache, but keep out of reach of young children. Adults and youth can take first and courses with the American Red Cross. Some things to include:

- hings to include:

  Adhesive tape
  Elastic wrap bandages
  Bandage strips and "butterfly" bandages
  in assorted sizes
  Nonstick sterile bandages and roller
  gauze in assorted sizes
  gauze in assorted sizes
  are in successive sizes
  Triangular bandage
  Alaminum finger split
  Instant cold packs
  Cotton balls and cotton-tipped swabs
  Disposable nonlatex examination gloves,
  several pairs
  Petroleum jelly or other lubricant
  Plastic bags, assorted sizes
  Sately pins in assorted sizes
  Sately pins in assorted sizes
  Scissors and tweezers
  Soap or hand statitizer
  Antibiotic ontiment
  Antisepte solution and towelettes

- Tyewasi soution
   Thermometer
   Turkey baster or other bulb suction device for flushing wounds
   Breathing barrier/rescue breather
   Syringe, medicine cup or spoon
   First-aid manual

### Medications

- Hications:
  Aloe vera gel
  Calamine lotion
  Auti-diarrhea medication
  Laxative
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  Laxative
  Pain reliveres, such as diphenlydramine
  Pain reliveres, such as acctaminophen
  (Tylenol, others), ibuprofen (Advil,
  Morira IB, others) and aspirin (never give
  aspirin to children)
  Hydrocortisone cream
  Cough and cold medications
  Auto-injector of prinephrine, if
  prescribed by your doctor

## Emergency items: • Personal medications that don't need

- Personal medications that don't need refrigeration
   Spanz'old prescription cyeglasses
   Emergency phone numbers, including contact information for your family doctor and prediatricain, local emergency foctor and prediatricain, local emergency providers, and the poison help line, which in the United States is 800-922-1222.
   Medical consent forms for each family member
- Medical history forms for each family
- Medical history forms for each lamily member
  Small, waterproof flashlight or headlamp and extra batteries
  Waterproof matches
  Small notepad and waterproof writing instrument
  Emergency space blanket
  Solar or battery-boost charger for cell phone.

- Sona of battery-roots charger for cert
  phone
   Sunscreen
   Insect repellant
   Whistle
   Pet and livestock medicines and first aid kits

### Tools, Cooking, Shelter/Clothing, Personal Items, Home/Family Preparations

- Tools:

  Flashligh, headlamps, spare batteries/bulbs
  Portable battery-powered radio
  Extra batteries for all gadgets
  Whistle (signal for help)
  Multipurpose pocketknife
  Safety goggle
  Dust masks
  Duct tape in bright colors

  "" Rope, coils of bailing wire
  Fire extinguisher
  Candles and candle anterm
  Waterproof matches
  Carostom
  Carostom
  Stephenson
  Seleghammer
  Seleghammer
  Seleghammer
  Garden hose siphoning & firefighting
  Fluorescent syray paint cans

- Cooking:
  Camp stove & fuel (Do NOT use indoors)
  Pots, pans, cooking utensils, hot pads
  Paper plates & eating utensils, hot cups

## Shelter / Clothing:

- Shelter / Clothing:

  Cold weather clothing

  Surdy shoes (keep by bed)

  Heavy work gloves

  One complete change of clothing

  Hat (rain, sun, cold protection)

  Sleeping bags/blankers

  Plastic sheeting or tarps

  Pet bedding and gear

  Livestock bedding and gear

## Personal Items:

- Personal Items:

  Cash for one to three weeks

  Copies of key personal documents
  (Birth certificates, property deeds, credit
  cards, insurance policies, etc.)

  Plastic tape, Pen & Paper

  Seeing and hearing aids, batteries

# Home and Family Preparation: ✓ Create a family communications plan.

- Create a family communications plan, including an out-of-state contact. Learn how and where to shar off utilities (electricity, gas, water) and share of utilities (electricity, gas, water). Secure heavy timiture, ep. booksheves, to wall study. Remove or isolate flammable materials. Provide strong support & flexible connections on gas appliances.

  Install clips, latches on cabinet doors

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