

Vashon Be Prepared

Disaster Preparedness Supply Checklists for Water, Food, Sanitation & First Aid
(If you have suggestions for improving this list, please email nero@vashonbeprepared.org - 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 1 gallon of water per person per day. Store extra water for mixing baby formula and medicines, and for watering pets 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 okay.
- ✓ 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 chlorine bleach and a medicine dropper. Add 8 drops of bleach per gallon of water; shake or stir to mix, wait 30 minutes, then 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 salt content, as they increase thirst.
- ✓ Use a permanent 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).
- ✓ 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 stale-dated.
- ✓ Choose foods you usually eat that make you feel good.
- ✓ 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 okay. 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 cups, plates, utensils and napkins.

Ready to eat canned meat, fruit and vegetables
Canned fruit & vegetable juices
Boxed milk or powdered (in nitrogen-packed cans)
High protein diet shakes
Energy bars
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 containers)
Dried fruit (in metal container)

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

Pet foods and treats
Livestock foods

Sanitation:

We're lucky on Vashon because many of us have large yards where we could dig a "cat-hole" if we needed to use the outdoors for a bathroom for more than a day or so. If we lack electricity to move sewage toward septic field or wastewater treatment, or if we lack running water to flush toilets, camping-style alternatives must be considered. Here are some ideas – choose the ones that may suit your 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 aid courses with the American Red Cross. Some things to include:

- Adhesive tape
- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Nonstick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Triangular bandage
- Aluminum 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
- Safety pins in assorted sizes
- Scissors and tweezers
- Soap or hand sanitizer
- Antibiotic ointment
- Antiseptic solution and towelettes

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

- Aloe vera gel
- Calamine lotion
- Anti-diarrhea medication
- Laxative
- Antacids
- Antihistamine, such as diphenhydramine
- Pain relievers, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) and aspirin (never give aspirin to children)
- Hydrocortisone cream
- Cough and cold medications
- Auto-injector of epinephrine, if prescribed by your doctor

Emergency items:

- Personal medications that don't need refrigeration
- Spare/old prescription eyeglasses
- Emergency phone numbers, including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers, and the poison help line, which in the United States is 800-222-1222.
- Medical consent forms for each family member
- Medical history forms for each family 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
- Sunscreen
- Insect repellent
- Whistle
- Pet and livestock medicines and first aid kits

